



WHAT OUR PHYSIOS DO WHAT OUR PHYSIOS DO *at*

**MENAI DISTRICT PHYSIOTHERAPY
& SPORTS INJURY CENTRE**

HEADACHES

'Just a pain in the neck!'

By Natasha O'Brien

Recurring headaches can be very frustrating for people living today's active lifestyle. **The triggers for headaches are widespread**, even the frequent use of pain-killer medication is being implicated as a cause for headaches.

The neck is one common cause of headaches, gaining more recognition in recent years. Poor posture, tight neck muscles and joint stiffness in the upper neck can all contribute to headaches, either directly or as a trigger.

any questions regarding your headaches, please speak to us and we will be happy to assist you.

How successful has treatment been at Menai District Physiotherapy?

A review of headache patients treated over the past 12 months at Menai District Physiotherapy has been most promising. Below are the collated statistics reflecting the success of our therapy:

MOVE WELL STAY WELL

A research paper in the Australian Journal of Physiotherapy found that 70% of regular headache sufferers had significant improvement in their condition with physiotherapy treatment.

Physiotherapists will massage and stretch tight neck muscles, gently mobilise and stretch stiff neck joints and upper back joints as well as instructing you in improved posture. All these can reduce the likelihood of headaches coming along to frustrate your day. A home exercise program to maintain joint mobility and muscle flexibility, if done regularly, can help to prevent headaches returning. Triggers for headaches can be a complicated issue and often different causes can co-exist. If you have

Of the 30 patients treated:

- ⇒ **40%** reported excellent results
- ⇒ **56%** reported good results
- ⇒ the average number of treatment sessions was 7
- ⇒ the number of overall sessions varied from 2-37 depending on the severity of the dysfunction and injury

"Evidence is building to support the efficacy of manual therapy and specific therapeutic exercise in the management of cervicogenic headache"

Pollmann, Keidel & Pfaffenrath (1997) Headache and the cervical spine: a critical review. *Cephalgia* 17:801-816