

# Do you suffer from



# HEADACHES?

**There are 3 main types of headaches:**

**1. MIGRAINE**

- Attacks usually last between 4 to 72 hrs
- It is usually on one side, but it can change sides during or between attacks
- It is a throbbing sensation that is usually severe enough to limit you from doing your day to day activities
- It is aggravated by physical activity
- It is normally accompanied by nausea and vomiting
- It can occur with or without an aura. The aura occurs before the headache and can last 60 mins
- There is severe sensitivity to light and noise
- Migraines respond well to specific migraine medication

## 2. TENSION-TYPE

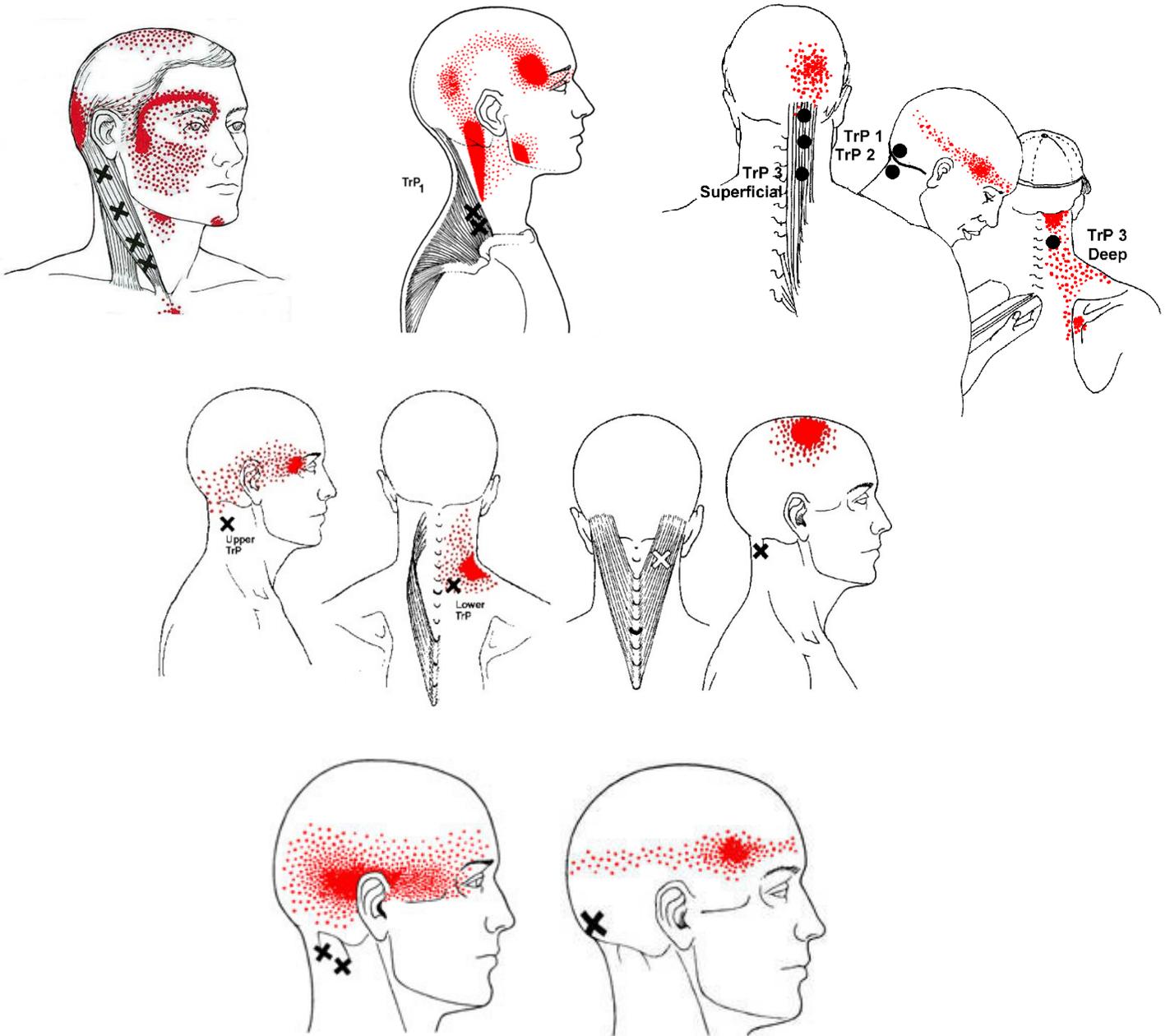
- This type of headache can last between 30 mins to 7 days
- It feels like a pressing and tightening band-like sensation around the head
- It can affect both sides
- It is not aggravated by physical activity
- It is not related to nausea and vomiting
- There is a mild sensitivity to light and noise
- Tension-type headaches respond well to analgesics

## 3. CERVICOGENIC

- These types of headaches originate from problems in the neck and usually become a chronic problem
- It can affect both sides, but the pain is more dominant on one side
- It is normally associated with pain in the neck, shoulder and arm on the same side as the headache
- It is aggravated by movements or postures of the neck
- It is associated with tenderness in the neck
- There will be a restriction in neck range of motion especially into extension and rotation
- It is common after trauma to the neck or head such as whiplash, concussion or even after lifting weights
- This headache sometimes only appears 3 months after trauma to the neck or head
- The pain arises from trigger points in the muscles around your neck as well as the first 3 cervical vertebrae
- Cervicogenic headaches do not respond well to medications that are used to treat headaches
- It responds well to Physiotherapy because it is associated with neck stiffness, neck weakness and poor posture

- Things that will also help are:
  - Neck and shoulder stretches
  - Posture correction
  - Strengthening of neck and shoulder muscles
  - Correct breathing pattern

**Trigger points in the neck that refer as headaches**



These three types of headaches can also occur in conjunction with each other, where medication may not help and physiotherapy will be the treatment of choice

### **A DANGEROUS HEADACHE**

- Comes on suddenly
- Very severe in pain
- Accompanied by neurological signs
- Associated with changes in consciousness
- Associated with dizziness brought on by neck movements or sustained neck positions
- **If you experience a headache which is severe and like no other you have experienced before, you need to consult your doctor**

### **WHAT CAN YOU DO?**

- Physiotherapy for the trigger point release and spinal mobilisation
- Apply heat to the tense muscles
- Neck and shoulder stretches
- Posture correction
- Correct ergonomics



Don't suffer alone!



If you have any questions relating to headaches please don't  
hesitate to contact me!

Have you checked out my facebook page yet?

<https://www.facebook.com/sianphysio>

