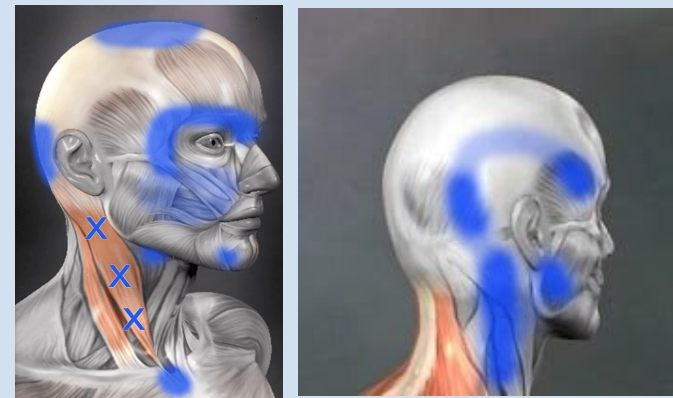




PREMIER PHYSICAL THERAPY

HAVE YOU BEEN SUFFERING
FROM FREQUENT
HEADACHES?

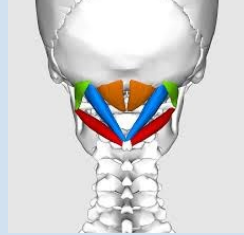


Physical therapy treatment for headaches can help:

- Reduce the amount of medicine taken for headaches.
- Decrease total pain index.
- Decrease headache severity, frequency, and duration.
- Increase neck range of motion.

Headaches can be a real pain in the neck and are more common than you may think. Approximately 45 million people including men, women and children in the US suffer from chronic headaches costing billions of dollars for treatment and lost worker productivity every year.

The upper cervical spine is a complex region of the spine, biomechanically and anatomically. Dysfunction of this region is common and a frequent cause of chronic headaches. Physical therapy offers a non-medication and longer lasting alternative to restoring function, improving mobility, relieving pain and promoting a healthy lifestyle.



Cervicogenic Headaches

What is a cervicogenic headache?

Any headache can ruin your entire day. To resolve this debilitating issue and receive the proper care, the key is understanding the type of headache you are presented with. Studies have shown that 46 percent of the adult population suffer from primary and secondary Active Headache Disorder i.e. tension-type and cervicogenic headaches.

Cervicogenic headaches involve the occipital and trigeminal nerves, which refer pain from the base of the occiput to the frontal region. The effect of cervicogenic headaches result in one side-dominant pain. Studies have shown that individuals presented with 15 headaches or more during a one-month period may fall into the category of having cervicogenic headaches.

To properly diagnose cervicogenic headaches, a comprehensive cervical evaluation is required to correlate articular, neural, and muscular systems. Individuals presented with cervicogenic headaches generally have the following systematic complaints:

- Unilateral cervical and head pain that starts at the base of the skull and migrates toward the eyes.
- Decreased cervical range of motion, pain with unilateral posteroanterior passive accessory intervertebral motions from C1 to C3.
- Faulty posture of forward head and rounded shoulders resulting in upper crossed syndrome.
- Pain noted with palpation to the suboccipital, cervical, and temporomandibular musculature.
- Other associated symptoms can include: pain to shoulders, dizziness, and loss of balance. As with migraines, these individuals may also experience increased sensitivity to light and sound.

Treatment

At Premier we have been successfully treating cervicogenic headaches for almost 2 decades. A typical PT treatment session may include, but is not limited to: pain relieving modalities, manual therapy, soft tissue massage, posture management and therapeutic exercises and activities. An effective plan of care to resolve the pain typically requires physical therapy treatment at least 2 to 3 times per week for a duration of 3 to 6 weeks.

Checklist

- Unilateral head or face pain without side shift, the pain is occasionally bilateral.
- Pain localized to the occipital frontal, temporal or orbital/masseter regions
- Moderate to severe pain intensity.
- Intermittent attacks of pain lasting hours to days, constant pain or constant pain with superimposed attacks of pain/pain that remains after sleep.
- Pain is generally deep and non-throbbing; throbbing may occur when migraine attacks are superimposed.
- Head pain is triggered by neck movement, sustained or awkward neck postures; digital pressure to the sub-occipital, C2, C3 or C4 regions or over the greater occipital nerve; valsalva, cough or sneeze might trigger pain.
- Restricted active and passive neck range of motion; neck stiffness
- Associated signs & symptoms can be similar to typical migraine accompaniments:
 - Nausea
 - Vomiting
 - Photophobia, phonophobia and dizziness
 - Ipsilateral blurred vision, lacrimation and conjunctival injection or ipsilateral neck, shoulder or arm pain.
- Pain increased by light
- Pain increased by noise

If you checked any of the above you may benefit from our proven success rate of 95% with cervicogenic headache treatment.

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