

ABOUT HEADACHES

HISTORY

Primary headaches are not the result of another medical condition, and include migraines and tension-type headaches (most common type of headache).

Tension headache triggers include:

- Stress and anxiety
- Over-exertion
- Sustained postures
- Skipping meals

Secondary headaches are due to underlying conditions, such as:

- Trauma
- Cranial/vascular disorder
- Infection
- Due to disorders (TMD, cervical, thoracic)

SIGNS & SYMPTOMS

Tension headaches can cause pressure around the head/neck, and pain in the following areas (on both sides):

- Upper back and neck
- Base of head
- In or above the ears
- The jaw
- Above the eyes

Migraines can last from 4-72 hours, and cause severe pain and throbbing (often one sided). Other symptoms include:

- Nausea
- Sensitivity to light, sound, or odors
- Aura (visual changes)



Contact us

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Pain Management

Myofascial self-release for your suboccipital muscles can help relieve tension. The suboccipital muscles are found just below the base of the skull. Using a hard ball, press gently into areas of tightness, holding until the muscle releases. Avoid pressing directly on the spine. Move onto the next tight spot and repeat as needed, performing for 2-3 minutes.



Pain Management

Myofascial self-release for the upper trapezius muscle can help relieve tension in the neck and shoulders. Using a hard ball, press gently into the muscle that runs between your neck and shoulder (upper trapezius). Hold on areas of tightness until the muscle releases. Move onto the next tight spot, and repeat as needed.



Mobility

To begin the **upper trap stretch**, tilt your head to one side. Using the hand on the same side, gently guide your head towards your shoulder. The levator scapulae stretch can be performed by looking diagonally downwards, and using the hand of the same side to gently guide your head diagonally down. Hold each stretch for 20 seconds, and repeat 3 times.



Strength

Chin tucks can be performed lying on your back, with a pillow or towel behind your head. Tuck your chin towards your neck, gently pressing back into the pillow and holding for 10 seconds. Repeat this 5 times for 3 sets.

