

## **Can Physio help with your headache?**

The simple answer is YES in most cases. There are many different types of headaches and some of these respond very well to physiotherapy treatment. Headaches are defined as pain in the head and upper neck. Common types of headaches include:

### Tension Type Headache

The most common type of Headache is a Tension Type Headache. As the name describes the sensation you feel is a tension – like pain or band like sensation in your head and sometimes in the top of your neck. It is usually felt on both sides of your head. These headaches are caused by muscle tension in the back of your neck. These headaches can be caused by poor posture especially poor posture whilst working at your desk. Physio can really help to overcome these headaches. Treatment will involve massage, joint mobilisation, heat, postural re-education, stretching, strengthening and acupuncture.

### Migrane

Migranes are also a very common Headache. People who suffer from these headaches report a moderate to severe throbbing or pulsating sensation. They may also occur with associated symptoms such as dizziness, vomiting, nausea, light sensitivity or visual disturbances. Typically you feel these headaches only on one side of your head. However occasionally they can be felt on both sides. Suffers can also report an increased tightness in the muscles in they neck in response to the pain they are feeing. Migranes are generally treated with medication however physio can help with the tension in your neck and shoulders.

### Cluster Headache

Very uncommon headache affecting about 0.1%of the population. Characterised by intense pain on one side of your head generally behind your eye. The cause is unknown. This type of headache is nicknamed “suicide headache” because of its intensity. The attack of pain generally lasts 15-180mins. Physio can’t help treat this type of headache however if after an attack you are left with a sore neck and shoulders physio can definitely help resolve this.

### Other causes of a general headache

- Dehydration
- Alcohol/ hangover



- Food allergy/intolerance
- Caffeine withdrawal
- Extreme temperatures
- Constant loud noise

If you suffer from headaches make an appointment with one of the Physios at Innovations Sports Physiotherapy for an assessment to see if physio can help resolve your headache.