



# HEADACHE ADVICE SHEET



## WHAT CAUSES HEADACHES?

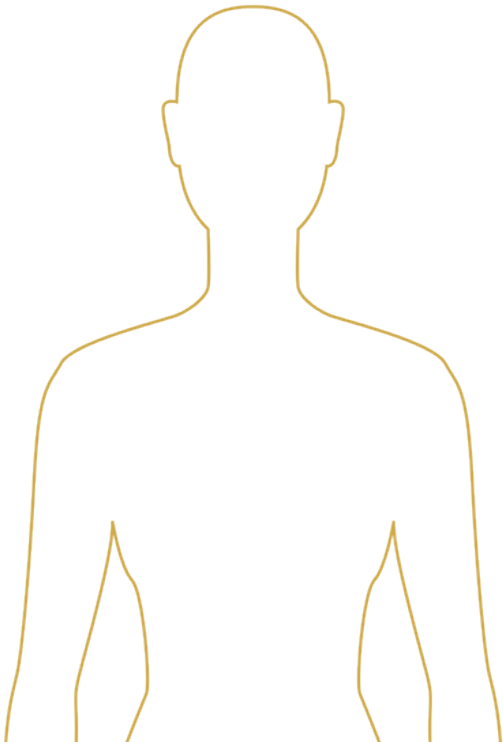
Headaches are commonly caused by poor posture and prolonged sitting. Typically with headaches, there is an element of stiffness in the upper joints of the neck which over time can refer pain into the head, causing headaches.

### SIGNS AND SYMPTOMS

- Pain over the temple, forehead, behind the eye, top of the head or the base of the skull
- Sensations of pulsing, throbbing or tightening over the head.
- Associated stiffness and tightness in the neck and upper traps.

## HOW PHYSIO CAN HELP YOU?

Headaches left untreated can be crippling, whilst there are many sources and types of headaches, there is typically underlying stiffness in the joints of the neck. Your physio can diagnose which particular joints and muscles are problematic and perform techniques to reduce tension and stiffness contributing to your headache. Your physio may also prescribe you with exercises to strengthen your postural muscles to help prevent your headaches from returning.



- ✓ Heat for 20mins over the upper traps as required.
- ✓ Voltaren/ deep heat gel rub.
- ✓ Gentle neck movements.

- ✗ Aggressively stretch and trying to force movement.
- ✗ Sit in a poor posture.

Do's

Don'ts

Consult your physio for a personalised program to fit you

