

medication, even nerve blocking injections - these drugs usually treat the symptoms of the headache and not the primary underlying cause.

Unless the origin of the headache ie. the upper neck dysfunction, is treated and corrected, the headache will return in time. Physical therapy treatment will focus on the soft tissue and joint restrictions in the upper neck as well as areas like the front of the neck and upper back area. It may also involve some exercises to strengthen weak muscles and stretch tight muscles.

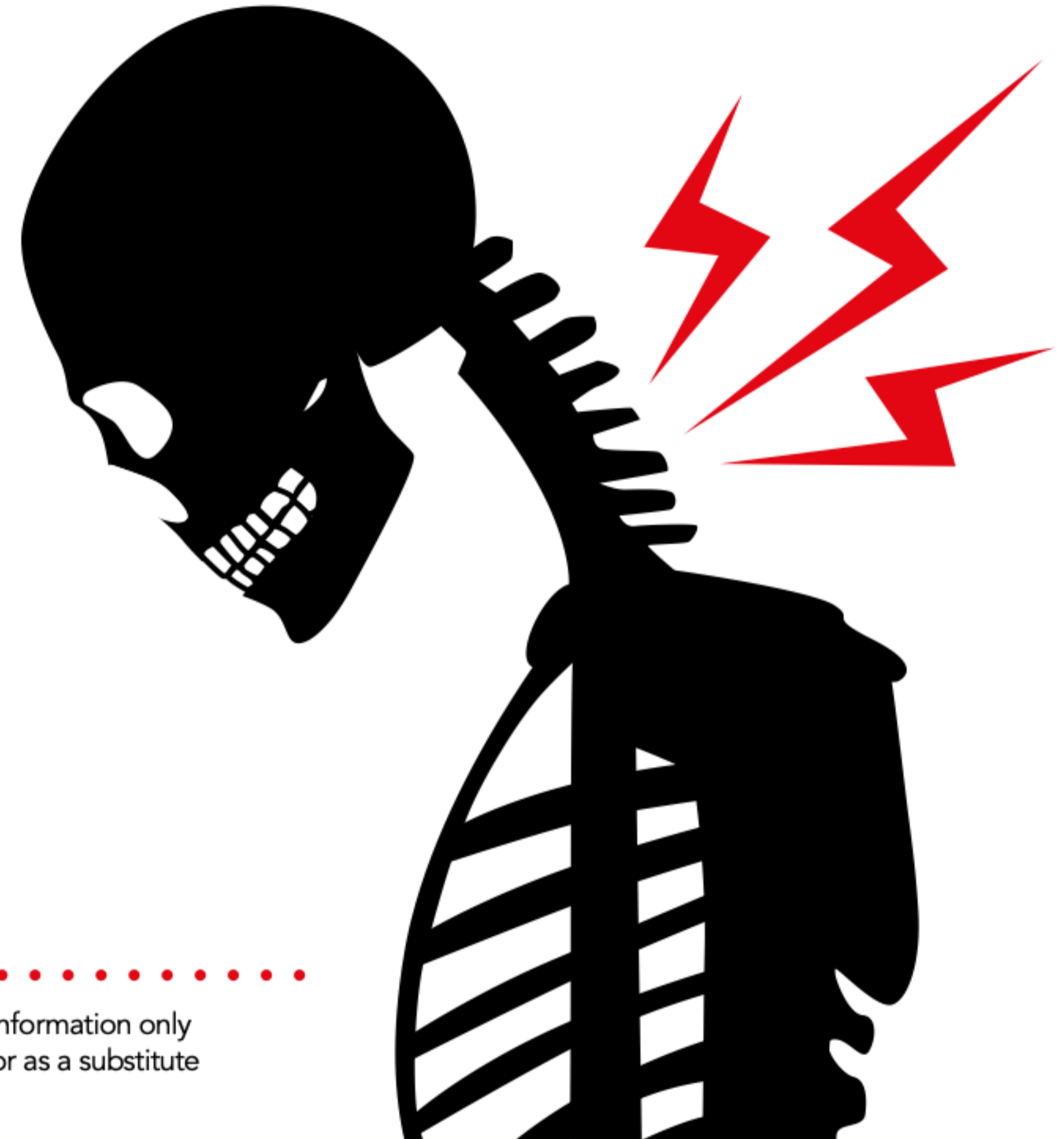
Treatment includes:

- ① Cervical spine (neck) manipulations and mobilisations
- ② Myofascial release (a type of deep massage) to release tight structures and muscles in spasm
- ③ Trigger point therapy to release restricted tight muscles
- ④ Strengthening exercises of the deep neck flexors and upper back muscles
- ⑤ Thoracic spine (upper back) mobilisation and manipulation
Posture correction and re-education of postural muscles
- ⑥ Treatments may include the use of electrotherapy for muscle release and pain relief as well as acupuncture or dry needling, postural taping or bracing



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The information contained in this article is intended as general guidance and information only and should not be relied upon as a basis for planning individual medical care or as a substitute for specialist medical advice in each individual case. ©Co-Kinetic 2018

- Healthy diet and proper hydration.



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