



NEWSLETTER

HOW PHYSICAL
THERAPY CAN

HELP YOUR CLUSTER HEADACHES



OUR SERVICES

THERAPEUTIC

EXERCISE

BALANCE TRAINING

POSTURAL

RESTORATION

GAIT TRAINING

JOINT MOBILIZATION

MANUAL TRACTION

SOFT TISSUE

MOBILIZATION /

MYOFASCIAL RELEASE

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HOW PHYSICAL
THERAPY CAN

HELP YOUR CLUSTER HEADACHES



Do you wake up at night with excruciating headaches? Do you have pain behind one eye that seems to intensify quickly? You may be experiencing a cluster headache. At Wise Physical Therapy, our therapist will help you figure out the source of your headaches and, more importantly, how to find relief from them.

Cluster headaches are a specific type of chronic headache. They are often short-lived but intense headaches that occur every day for weeks. Most cluster attacks occur at night; however, they can occur at any point, sometimes multiple times throughout the day. They get their name because they appear in patterns or “clusters” at the same time every year, such as in the spring or fall.

If you've been living with nagging headaches, you will benefit from a consultation with one of our experienced physical therapists. Contact Wise Physical Therapy today to schedule a and let us help you figure out precisely what type of headache is plaguing you. We'll help you learn how to resolve it once and for all!

WHAT CAUSES A CLUSTER HEADACHE?

Any pain that occurs within the head can be referred to as a headache. Most headaches will resolve independently without medical intervention; however, severe or recurrent headaches that interfere with one's quality of life should most certainly be evaluated further.

The challenge lies in identifying which type of headache you're experiencing and then devising a treatment plan accordingly. Cluster headaches, which occur in cyclical patterns or cluster periods, are one of the most painful types of headaches. A cluster headache typically wakes a person up in the middle of the night with intense pain in or around one eye on one side of their head.

While some headaches have specific triggers, such as hormonal changes, stress, or tension, cluster headaches typically do not. The most common factor associated with cluster headaches are:

- **Age** – Most people who develop cluster headaches are between 20-50 years old.

Call Us Today (907) 562-2118

**SCHEDULE A CONSULTATION TODAY
GET RID OF YOUR ACHEs AND PAINs!**

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HOW PHYSICAL THERAPY CAN HELP YOUR CLUSTER HEADACHES



Tension headache



Temporal headache



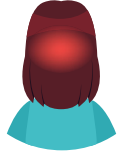
Migraine



Cluster headache



Allergy headache



Occipital neuralgia

- **Gender** – Males are more likely to develop cluster headaches than females.
- **Smoking** – A large number of people who experience cluster headaches are smokers.
- **Alcohol** – Alcohol use can aggravate or even trigger a cluster attack.
- **Family history** – Those who have family members with cluster headaches are more likely to develop them themselves.

HOW PHYSICAL THERAPY CAN RELIEVE CLUSTER HEADACHES

Physical therapy isn't typically someone's first thought when they have a headache. Most of the time, the typical reaction is to take some form of pain-relieving medication. If you suffer from cluster headaches, pain relief drugs will not provide you with the same long-term relief as physical therapy.

Physical therapy can be a very effective remedy for cluster headaches. It is a safe and effective option for decreasing their frequency, pain intensity levels, and duration.

The first step of physical therapy is determining the underlying cause. Our therapist will conduct a comprehensive evaluation to determine the type of headache you have. Our physical therapists are experienced in treating most musculoskeletal problems, including headaches and other disorders related to the condition. We will use targeted manual therapy, postural education, and specific stretches to alleviate your pain.

Often recommendations to change positions from standing to sitting to reclining can provide relief to calm the pain down and allow you to regain your ability to function at home.

In addition to the therapeutic recommendations, some lifestyle changes can minimize how often you experience cluster headaches. Your physical therapist may suggest lifestyle changes including:

- Increasing exercise and physical activity (but avoid exercising in hot weather)
- Cutting out alcohol and/or cigarettes
- Avoiding specific medications which can cause blood vessels to dilate and trigger cluster headaches
- Stress relief techniques, as well as learning how to avoid stressful situations that may trigger your headaches
- Creating a consistent sleep schedule
- Implementing a more nutritious diet

We can help get to the root of your problem and figure out what factors are causing your cluster headaches so we can treat them accordingly.

CALL TO SCHEDULE AN APPOINTMENT

If you have been dealing with persistent, ongoing headaches that you believe may be cluster headaches, don't hesitate to contact our office today.

At Wise Physical Therapy, we will help you figure out the cause of your headaches and provide an effective, safe and natural treatment plan for eliminating the pain!

Sources:

https://www.physio-pedia.com/Cluster_Headaches

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6468612/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8222635/>

HOW ARE WE DOING? LET US KNOW!

We can't wait to see you again! In the meantime, please leave us a review and let us know how we've been doing. Scan the QR code to go directly to our Review Us page. We look forward to seeing you again soon!



CALL US TODAY FOR AN APPOINTMENT (907) 562-2118

EXERCISE ESSENTIALS

DEEP NECK FLEXOR ACTIVATION IN SUPINE

Stretches Your Neck

Start by lying flat on your back with your head relaxed. Place your fingertips gently on the front of your neck and make sure you do not feel your surface muscles activating. Tuck your chin down toward your chest slowly without activating your surface neck muscles. Slowly untuck your chin. Repeat 3 sets, 10 reps each.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

ZUCCHINI LINGUINE RECIPE



- 1 lb tomatoes, diced
- 1/3 cup extra-virgin olive oil
- 1 tbsp chopped basil
- 12 ounces linguine
- 1 tbsp chopped parsley
- 3 baby zucchini, thinly sliced
- 2 garlic cloves, minced
- 1/4 cup freshly grated Parmesan cheese, plus more for serving
- 2 tsp kosher salt

In a large bowl, toss the tomatoes with the basil, parsley, garlic, salt, chile and olive oil. In a large pot of boiling salted water, cook the linguine; drain well. Add the linguine to the bowl along with the sliced zucchini and toss. Add the 1/4 cup of grated cheese, toss again and serve in bowls, passing more cheese at the table.

PATIENT SUCCESS STORY



"This place helped me so much! My knee feels so much better than when I started! Everyone was really nice."

— Abigail S.



Do You Have Friends Or Family Who Can't:

- ✓ Move without pain
- ✓ Sit for long periods
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live active and healthy

Name: _____

Referred by: _____

A free gift card for every person you refer to Wise Physical Therapy who becomes a patient!

Call (907) 562-2118 Today!



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