



## HOW PHYSICAL THERAPY HELPS CHRONIC HEADACHES AND MIGRAINES

Have you noticed pain on one side of your head? Do you have tension in the neck that radiates up and leaves you with a nagging headache? There are many different types of headaches and various causes for each of them. Fortunately, the therapists at Wise Physical Therapy know how to figure out where your headaches are coming from and the quickest way to get rid of them!

If you live with chronic headaches or migraines, myofascial release can help you find relief.

Myofascial release is a manual, hands-on treatment that helps with pain relief by easing the tension in your muscles. It is performed by a physical therapist and focuses on specific pressure points to bring the myofascial back to its elastic form.

Every headache requires a different approach to resolving them, which is why attempting to treat every headache you experience with the same treatment or the same medication doesn't work. Fortunately, at Wise Physical Therapy, our therapists will skillfully address your individual needs.

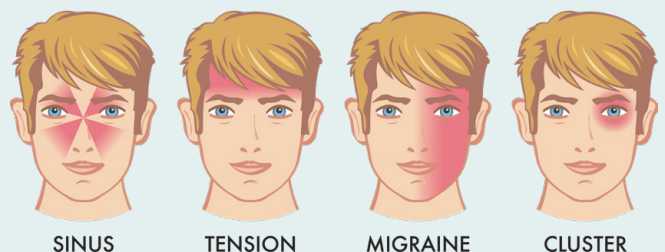
Give our office a call today, set up a consultation, and discuss how our treatment services could benefit you!

### How Myofascial Release Can Help You Find Relief

If you live with headaches or migraines, you know how painful and debilitating they can be. Attacks are usually characterized by painful throbbing or pulsing on one side of the head, which can also be accompanied by changes in vision, nausea, vomiting, sensitivity to light, or sensitivity to sound.

When the muscles around your neck become tight, your mobility of the affected area becomes restricted, and any movements

#### TYPES OF HEADACHES



# HOW PHYSICAL THERAPY HELPS TO RELIEVE HEADACHES



you make can result in pain. Myofascial release reverses this sensation by loosening up the constricted space, thus promoting more effortless mobility and less pain.

This targeted form of treatment has been known to relieve the pain of chronic headaches and migraines by massaging the tightened muscles around the head and neck and promoting a quicker healing process.

These manual techniques help reduce pain and keep the head and neck moving. They also help chronic headache and migraine sufferers sleep better and experience attacks less frequently.

## How Physical Therapy Uses Myofascial Release In Your Plan

Your therapist will perform a thorough assessment to identify the type of headache you are experiencing and the specific treatments that will be the most beneficial. The main emphasis of physical therapy is giving you the tools to manage your pain.

We will educate you on the most effective exercises and postures to complement our hands-on interventions. Our goals include:

Reduce pain quickly through myofascial release and other manual therapy techniques

- Reduce pain with postural education and targeted movements/exercises
- Minimize the risk of recurring pain through strengthening exercises and behavioral changes
- Minimize the use of medication or surgery to eliminate pain

Manual therapies, including myofascial techniques, effectively reduce pain. However, when combined with targeted stretches, the results improve even more! Our therapists will identify specific stretches to alleviate pain and restore your motion. In

addition, we will educate you on the movements and positions that are provoking your pain.

Next, our therapists will educate you on preventing future episodes through regular exercise. It's important to address issues when they begin so that they do not worsen over time.

Too often, people wait until they have severe headaches. Typically the longer you wait, the more challenging it is to reduce your pain. Regular manual sessions can reduce and may even prevent future episodes.

## Call Today to Schedule an Appointment

If you are experiencing neck pain and/or chronic headaches and you think you could benefit from myofascial release, give our office a call today.

Scheduling an appointment is the first step in getting a new treatment added to your plan and finding relief for your debilitating aches and pains.

At Wise Physical Therapy, our physical therapists will provide you with a thorough evaluation to determine the best ways in which our treatment methods will benefit you. We understand how inhibiting pain and stiffness can be, and we want to help get you back to comfortably living your life!



[CLICK HERE](#)  
to make an appointment

Sources: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5994516/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3201065/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8384005/>; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6134706/>

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If you've met your insurance deductible for 2023, your physical therapy costs could be **FREE!** Prioritize your well-being and maximize your insurance benefits!

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## TIPS TO PREVENT HOLIDAY STRESS

### The Holidays Don't Have To Be Perfect!

**Be Realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, e-mails or videos.

**Stick To A Budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts.

#### Try These Alternatives:

- Donate to a charity in someone's name.
- Give homemade gifts.

**Plan Ahead.** Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. And make sure to line up help for party prep and cleanup.

**Learn To Say No.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.

Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown.

## WE WANT TO HEAR YOUR SUCCESS STORY!



## HEALTHY RECIPE

### Apple Pie Chia Smoothie

Yes, this actually tastes like pie! So drink this instead and save yourself a ton of calories. The chia seeds have plenty of fiber and protein to keep you full until lunch.

- 1 apple cut into small pieces
- 1 cup almond milk
- 2 tablespoon chia seeds
- 1 tablespoon maple syrup
- ½ teaspoon vanilla extract
- ½ teaspoon cinnamon
- A pinch nutmeg and salt

Blend all ingredients until smooth; add ice if desired.

<https://helloglow.co/fall-smoothies/> Photo by Ana Stanciu



## EXERCISE ESSENTIALS

### NECK STRETCHING

*Helps Relieve Neck and Shoulder Tension*

Start by sitting up straight in a chair. Gently pull your arm across your body and slightly forward toward your opposite knee. Then, slowly tilt your head away from the direction you are pulling your arm in and feel the stretch in the side of your neck. Repeat 2 sets, 1 rep each.



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

## "Our Mission is Movement!"



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