



# Headaches & Migraines



## TENSION HEADACHES

About **85%** of all headaches arise from the neck, or cervical spine, which refers pain into the head through the nerves which go to both areas. Neck problems cause head pain because some of the nerves which come from the spinal cord have branches that go to the upper neck joints while other branches spread over the back of the head, and others go to the front of the head.

The most common type of headache seen by **Work-Fit Total Therapy Centre** is Tension-Type Headaches. They contribute to a large burden of disability, loss of work days, diminished quality of life and considerable health care costs.

## MIGRAINES

People who suffer from migraine headaches often describe the sensation as feeling as though their head is about to explode. Migraine headaches account for

millions of dollars in over the counter pain medications, many of which do very little to alleviate the symptoms of migraine headaches. Because people cannot find relief for this condition through traditional medicine, many turn to physiotherapy to relieve migraines and headaches.

Migraines/Tension Headaches are very common, and medical science is not certain of its cause, however, it has been proven that the physical aspect, (joint dysfunction, tight cervical muscles, postural imbalances and weakness), which causes headaches can be successfully treated with physiotherapy.

*In the past few years, physiotherapy has proven to be an effective way to alleviate the tremendous pain caused by migraine headaches.*

## ACUPUNCTURE

Acupuncture stimulates nerve receptors in skin and muscles.

- Various substances are released that cause an increase of local blood flow that encourages soft tissue healing.
- Acupuncture helps to reduce pain locally where the needles are inserted and throughout the body.
- Acupuncture has a calming effect and produces well-being.
- The effects of acupuncture accumulate when repeated.

### Physiotherapy treatment techniques that may be used:

- Mobilization of stiff joints • Soft tissue release of tight muscles • Stretching exercises
- Strengthening for weak muscles • Heat treatment • Acupuncture



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[WorkfitPhysiotherapy.ca](http://WorkfitPhysiotherapy.ca)

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