

# *Jo Tait*

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## **BROUGHTON ASTLEY PHYSIOTHERAPY CLINIC**

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### HEADACHES

Headaches have many causes, however many originate from the neck and can be easily assessed and treated by a Chartered Physiotherapist. Medical research showed a significant reduction in the frequency of headaches after 4 sessions of physiotherapy and the benefit lasted for over one year (the point that the sufferers were re-assessed). Arthritic changes in the joints at the top of the neck and under the skull may lead to pain being referred across the back or top of the head, sometimes across the fore-head and into the ears or behind the eyes. There may also be clicking or grating heard on turning the head. These problems are frequently aggravated by poor posture and prolonged positions e.g typing or reading or falling asleep sitting up in a chair or on a journey.

In some cases there may be dizziness especially on looking up or turning the head quickly. If this is the case and you sometimes feel light-headed you should never have your neck manipulated i.e clicked.

Some physiotherapists are trained to perform acupuncture. This can be very effective in the treatment of headaches and migraines. If you visit a Chartered Physiotherapist they will be able to give you advice on the management of the cause of the pain and not just the symptoms.

Special exercises can be taught to stretch and off load the structures under the skull to prevent the headaches returning in the future.

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