



BOOK NOW!



RELIEVE YOUR **CHRONIC HEADACHES & MIGRAINES** WITH PHYSICAL THERAPY

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 National Physical Therapy know how to figure out where your headache is coming from – and provide an effective means of resolving it!

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

If you live with chronic headaches or migraines, our therapists offer several techniques to help you find relief. Improving your posture and strengthening your neck and shoulder muscles are simple, drug-free approaches that can help address certain types of headache pain.

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

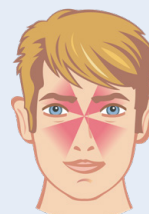
Understanding a Common Source of Headache Pain

If you live with headaches or migraines, you know how painful and debilitating they can be. The most common type of headache, tension headaches, will feel like a belt tightening around your head. You might also experience additional symptoms, like light and sound sensitivity.

As their name suggests, tension headaches occur when the muscles around your face or neck become tight, restricting your mobility and leading to pain that radiates up into your head. Certain factors worsen these types of headaches, including the following:

- Poor posture, particularly prolonged sitting
- Weakness in the muscles of the neck and shoulders
- Previous neck injuries

TYPES OF HEADACHES



SINUS



TENSION



MIGRAINE



CLUSTER

*Are you suffering from a sports injury?
Aches and pains? Contact us today for relief!*

nationalphysicaltherapy.com



When you visit us, 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. If your headache is ultimately caused by a musculoskeletal issue, physical therapy offers plenty of solutions for pain relief.

Physical Therapy Techniques for Addressing Headache Pain

Our therapists will develop a customized treatment plan based on your specific needs. We might utilize the following approaches:

- **Manual Therapy:** These hands-on techniques can help with immediate pain relief. Myofascial release is particularly helpful for managing headache pain. It involves releasing restricted myofascial, a tough tissue that wraps around your muscles, using massage-like techniques.
- **Postural Corrections:** We'll evaluate your posture and help you develop strategies to improve it. Good posture isn't so much about sitting or standing up straight as it is about keeping your spine in its proper alignment, which reduces strain on the upper back muscles that can lead to headache pain.
- **Stretching Exercises:** We'll help stretch out the muscles in your neck, shoulders, and upper back, improving your range of motion and helping to reduce the tension leading to your headache pain.
- **Strengthening Exercises:** Finally, we'll help strengthen those same muscles, which will provide your cervical spine with the support it needs to maintain proper posture. Strong neck and back muscles also reduce the muscular strain that contributes to tension headaches in the first place.

Too often, people wait until they have severe headaches to seek treatment. But in many cases, the longer you wait, the more challenging it is to reduce your pain. Regular physical therapy sessions can reduce your headache pain—and maybe even prevent future episodes!

Call to Schedule an Appointment

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

If you are experiencing chronic headaches and you think you could benefit from physical therapy, 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.



BOOK NOW!
Get Back to Enjoying Your Daily Life

USE IT OR LOSE IT!

If you are close to or have met your insurance deductible for the year, then now is the time to come in for physical therapy! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2024.

An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your physical therapy may not cost you anything. Patients with family plans, HSAs, or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that **the cost of physical therapy could be MINIMAL OR COMPLETELY COVERED** by your insurance plan.

Call us today! We'll guide you to affordable treatments that will place you one step closer to pain relief.

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/>

Don't live with pain. Contact us today for relief!

nationalphysicaltherapy.com

EXERCISE ESSENTIALS

SITTING CERVICAL SIDEBENDING RIGHT WITH OVERPRESSURE

This stretch can help to loosen up the tightness.

Start by sitting upright in a chair with your low back supported. Tuck in the chin to straighten the neck. Place your right hand over the top of your head, with fingers pointed towards the ear. Keep your left hand on the back of the neck as support. Bend your neck to the right, allowing your right hand to assist you going deeper into the motion. Hold for 3 seconds.



 **PT WIRED** Always consult your physical therapist before starting new exercises.
www.ptwired.com

HEALTHY RECIPE

APPLE PIE CHIA SMOOTHIE

- 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.

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.



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

SUCCESS STORY

“Laura and Janice are great to work with — professional and compassionate and very accommodating with appointments.

I have been working with them for both hip and knee replacements and have made great progress.”

— Donna F.

TELL US HOW WE DID!

Help us reach more people in our community by leaving us a review for your treatment location!

Thank you for your support!

 **REVIEW US!**



NATIONAL
Physical
Therapy

COME BACK TO PT!

CALL THE CLINIC NEAREST YOU TO
SCHEDULE AN APPOINTMENT

OR CLICK TO BOOK!

BOOK NOW!

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Stoughton

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Hanover

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Mansfield

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