

Headaches and How Physiotherapy Can Help!

What can cause a headache?

The joints of the upper spine usually move freely to facilitate neck movement. If muscles surrounding the joint and neck become tight or injured this can cause joint stiffness which can lead to a headache. Poor posture (i.e hunched over a computer) or prolonged neck positions can also contribute to headaches by causing muscle tension and muscle imbalance.



How could a Physiotherapist help me?

Persistent neck pain and headaches can be very debilitating as they can interfere with your everyday life, sleep and exercise.

Physiotherapy can help relieve your symptoms by focusing on the structures that support your neck including the muscles, joints and tendons.

Our aims:

- Reduce the severity and frequency of headaches
- Address muscular or joint stiffness
- Reduce acute pain to encourage neck movement
- Educate you on how to best manage reoccurrences and flare ups
- Provide advice on how to maintain posture for prevention
- Promote recovery with a tailored exercise program involving stretches and strengthening for your neck muscles