

### **Sports Therapy**

- Acute and Chronic Injury Rehabilitation
- Overuse Injury Treatment
- Retraining for Return to Sport
- Taping and Bracing
- Pre-season Screening

### **Spinal Therapy**

- Joint Mobilization and Manipulation
- Exercise Prescription
- Postural Assessment
- Back and Neck Care

**GUNN IMS** - Intra-Muscular Stimulation

**Pilates Based Core Stability Training**

**ICBC Treatment of Injury Post MVA**

**Active Rehabilitation Programs**

**WCB Treatment for Work Related Injury**

**Worksite Evaluation, Ergonomic Assessment & Wellness Program Development**

**Functional Capacity Assessment and Medical Legal Reporting**

### **Women's Health**

- Post Mastectomy
- Urinary Incontinence Training
- Pre and Post Natal Care
- Osteoporosis

**Injury Prevention Education**

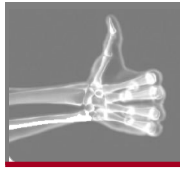
### **Seniors Programs**

- Fall Prevention
- Fitness
- Post Surgical

**Respiratory Care**

**Arthritis Treatment and Management**

**Neurology**



# **Burrard Physiotherapy Associates**

You're In The Right Hands

### **Physiotherapists**

Lynn Chapman  
Kerry Maxwell  
Barbara Picton  
Lynda Lawrence  
Bryn Edwards  
Sarah Nocoletta  
Shahab Rezania  
Allison Downie  
Linda Warren  
Andrew Ewert

**FOR APPOINTMENTS CONTACT**

**Tel: 604 684 1640**

**WALK-IN'S WELCOME**

#1020 - 1200 Burrard Street

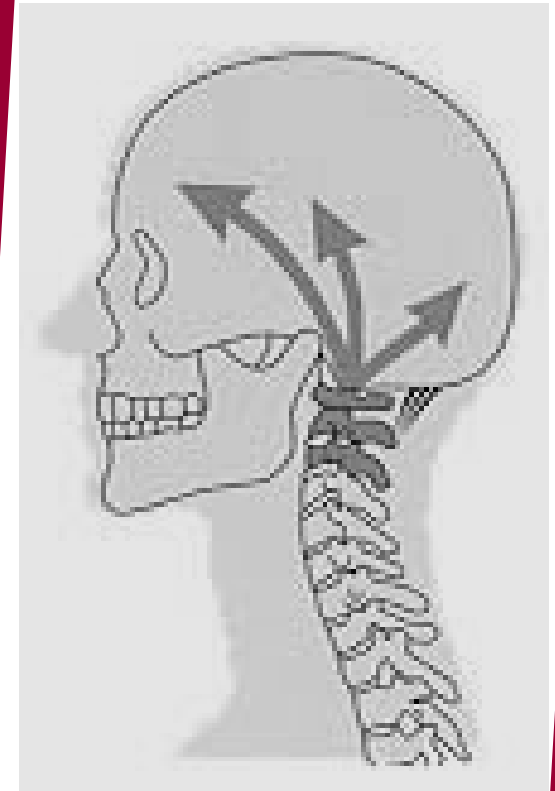
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# **Headache**



# Headache

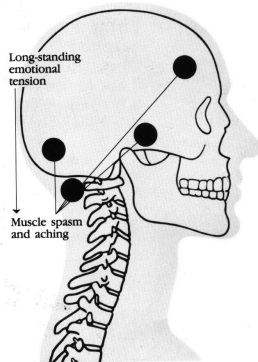
Two-thirds of the population suffer from headaches. A large proportion of these are caused by disorders of the neck or by emotional tension. In most cases, the headaches can be successfully treated and recurrences can be prevented.

## HEADACHE FROM DISORDERS OF THE NECK

The first three nerves of the neck supply the three upper joints of the neck and their supporting ligaments and muscles. They carry the sensation of pain and aching from the head. These nerves are also closely linked with the nerve that carries pain from the face. By this complex interconnection of nerves, a disorder of the upper neck joints and muscles can cause both neck pain and pain felt in the head or face (referred pain).

## HEADACHE FROM EMOTIONAL TENSION

Emotional tension and anxiety are experienced by many people due to stress at home, at work or from financial worries. Tension may cause muscle tightness at the base of the **head and jaw**. If this persists, aching develops in these muscles.



## TYPE OF HEADACHE

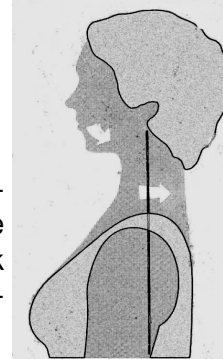
For many, aching and tension start at the top of the neck or even in the top of the shoulders. If this worsens it may spread into any area of the head. Commonly, the headache is felt at the back of the head, in the temples, forehead or behind the eyes. It may be accompanied by dizziness or light-headedness. Headaches are frequently worsened by neck movements, or by holding the neck bent forward for long periods, such as while reading or writing.

## HOW CAN YOU PREVENT HEADACHES?

*Adopt good habits*

### POSTURE

Chest lifted, shoulders relaxed, head level and over the body, chin tucked in, neck should feel long, straight, relaxed and tall.



*Think tall!*

### WORK

Avoid working with your head down for long periods. Stretch and change position frequently. Redesign your work area if necessary.



### EXERCISES

Keep your neck joints and muscles flexible and strong with correct neck exercises.

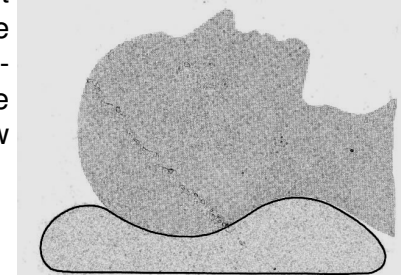
### RELAXATION

Recognize when you are tense. Regularly

check that your shoulders and jaw are relaxed. Avoid hunched shoulders and clenched teeth.

### SLEEPING

Use a pillow, which can be moulded to support the natural shape of your neck. Contour pillows may fit some people but not all. Often a dense feather pillow works the best.



## BURRARD PHYSIOTHERAPY CAN HELP

We can provide you with expert postural analysis and assess your movement, strength, flexibility and joint mobility. We can help you to work out whether the neck or emotional tension is the likely cause of your headaches. We can assess your work station and suggest simple modifications. Often there are simple strengthening exercises and stretches that can make all the difference.

If other possibilities are suspected, or if the headaches do not respond to treatment, your physiotherapist will refer you to your medical practitioner.

## NECK MANIPULATION

Manipulation can be an effective treatment for headache arising from neck problems. Tests, which physiotherapists carry out prior to neck manipulation, will indicate if other methods such as mobilization would be preferable.