

5 Steps to Reduce your Headaches



Headaches affect 1 in 20 people, with 80% getting relief from physiotherapy treatment of their upper neck joints.

We specialise in the treatment of necks, having trained in the Watson Headache Approach, and are highly skilled in assessing the joints of the neck and their potential involvement in head pain.

1. SEE YOUR PHYSIOTHERAPIST

You might wonder why your physiotherapist is treating your neck for headaches. Research at the Watson Headache Institute has found that issues with the top 3 neck joints and very first cervical disc can impact the brainstem, leading to pain in the head. With specific assessment and treatment of these 3 joints and muscles we can desensitise the brainstem therefore reducing and even resolving many headaches.

Combined with some simple home exercises, good posture, heat or ice, dry needling or segmental needling your Physiotherapist is well equipped to help headaches and migraines.

2. CORRECT YOUR POSTURE

Sustained forward head positions or 'poke chin' positions commonly aggravate headaches. Have a think about the ergonomics of your workspace and how you sit throughout the day and talk to your physio if you need guidance.

3. SELF MOBILISATIONS OR PRESSURES ON THE UPPER NECK JOINTS

Sustained pressure on certain joints of the upper neck can stop a headache in its tracks. Your physio can teach you these!

4. HOME EXERCISES

We can help prescribe some appropriate at-home exercises to help. This simple exercise that can help relieve a headache.



Stand with your back against a wall, with a pillow behind your upper back.

Gently retract your chin

keeping your head level. Then use the space between your thumb and index finger to apply pressure to your chin. Hold for up to 20seconds or until the headache subsides. Repeat up to 5 times in a row.

5. SEE YOUR GP FOR MEDICATION

If your headaches or migraines have been around for 3 months or more, it may be worth talking to your doctor about migraine preventative medication. These medications, if taken at the very first signs of your migraine, can stop the full attack.

DID YOU KNOW: A forward head position can increase the stress on the upper neck joints, as it increases the perceived load of the head from 5.4kg to 27.2kg! You can reduce this by:

- Sitting with your head centred on your shoulders
- Using a pillow under books, tablets and iphones so you don't have to look down
- Correcting your workstation set up

