

SMARTPHYSIO

Tension Headache Program

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Personal Message From Sammy Margo, Director Of Physiotherapy Services



The pain of tension headaches can literally make it feel like life is on hold as the simplest day to day things can feel impossible.

I have created this information pack to give you a head start in your recovery.

This pack is based on our experience helping 100s of patients just like you, optimize their recovery and get back to doing the things they love!

As a physiotherapist, the most rewarding aspect of our job is getting people moving well, pain free and achieving their goals.

We hope that at the end of this, we might be your choice of physiotherapy provider, however, the most important thing is that you make the right choice, whether it is with us or not.

Still have questions? Please don't hesitate to contact us on
Tel No: 02031466755

Thank you again

Sammy Margo
Clinic Director

Step 1

Diagnosis First

Here at Sammy Margo Physiotherapy, we begin with a comprehensive assessment of your condition and history. Tension headaches don't happen overnight and there can be many other factors that are contributing to your symptoms.

Our knowledgeable team will perform a thorough history of your problem and perform a detailed examination of your neck and back and explain their findings to you.



Step 2

Hands-On Treatment

Here at Sammy Margo Physiotherapy, we take a very much hands-on approach to treatment.

Your treatment program will be tailored to your specific diagnosis but may involve:

- Soft and deep tissue massage
- Joint mobilisation techniques
- Muscle energy techniques
- Dry Needling
- Taping



Step 3

Breaking the Cycle

Headaches are often associated with pain and stiffness in the shoulders and neck which can be frustrating and disruptive to your normal movement patterns.

To enable you to get back to doing the things you love, our knowledgeable team here at Sammy Margo Physiotherapy will create a detailed exercise rehab plan just for you.

This will help you to break the cycle and enable you to take more control in maintaining a healthier range of movement and posture in your neck and shoulders, using simple exercises tailored specifically for your spine and postural type.



Step 4

Holistic Whole Body Approach

Our unique Headache program involves a comprehensive assessment of your posture and quality of movement as a whole.

This can be a vital step in breaking the cycle and preventing ongoing symptoms. For example, it is not uncommon for an underlying issue in the upper back or neck to be linked to a muscle imbalance or postural issue elsewhere in the body.

Our holistic approach and focus on getting to the root cause of the problem means you will often finish a treatment program feeling better and stronger than before and enjoying better quality and range of movement in your body.



Step 5

Posture + Ergonomics Review

Tension and stiffness that often contributes to tension headaches can build up as a result of habitual posture at our work station. Most patients we see are completely unaware that their posture can be aggravating their headaches.

Part of our comprehensive assessment here at Sammy Margo Physiotherapy is to review your workstation and advise accordingly of any quick and easy changes that may be of benefit to you. This is especially relevant if you spend a lot of time in one position at work.



5 Simple Ways to Relieve Tension Headaches

Number 1

Ice Packing

Applying an ice pack around the base of your head, roughly along your hair line, can help to reduce the intensity of your tension headache.

This is the location of your suboccipital muscles - common trouble makers at the top of the neck that are often very tight in tension headache sufferers.

Applying a cold pack for 3-5 mins can help to gently reduce the inflammation in this area at the top of your neck.

Never apply ice directly onto your skin, try wrapping it in a thin damp towel to avoid irritation to your skin.



Number 2

Reduce Screen Time

When you have a tension headache, it is advisable to limit your time on mobile devices such as phones and ipads and also computer screens. We understand that this can be challenging, so try setting an alarm to remind you to take regular breaks.

During a tension headache prolonged reading or use of the devices mentioned are more likely to aggravate symptoms. It can greatly help to give your eyes and brain a break from the artificial light of computers and mobile devices



Number 3

Avoid Poor Head Posture

Tension headaches can be aggravated by a build up of postural tension in the neck. One of the most common causes of this can be poor posture at your work station, for example allowing your chin to go forwards and down.

Trying to be aware of your head positioning or even getting an ergonomic assessment of your work station, can help to break the cycle of tension headaches.

If your job involves desk work, try to take regular breaks and get up and walk around the room to keep yourself moving.



Number 4

Stay Hydrated

Even mild dehydration can lead to headaches and reduce concentration levels, this in turn can trigger and/ or aggravate your tension headaches.

Carry water with you and sip regularly throughout the day.



Number 5

Diagnosis Before Exercise

There is so much information out there on the internet it can be really tempting to search for exercises for neck tension, especially when you are frustrated and want to do something about the tension and soreness.

However, the neck is a complex area of the body with many different structures that can cause pain and many exercises you see online may well be unsuitable for your specific problem.

Here at Sammy Margo Physiotherapy, we will tailor your exercise rehabilitation to your specific circumstances and goals.



Final Word

Choosing a treatment approach can be hard and there is a lot of sometimes confusing information out there.

Hopefully you have found this information pack useful.

Still have questions? Why not take us up on our free offer?

Request a free phone consultation.

Would you like to speak to a professional about your specific problem?

Call us to arrange a free telephone headache consultation.

One of our highly qualified team will then be in contact to discuss your specific problem.

For appointments please call : 02074354910