

Why physical therapy?

Physical therapists are rehab specialists extensively trained in evaluation and treatment of problems involving the muscles, bones and nerves. Working in a team approach with your doctor, your physical therapist:

- Evaluates the joints, muscles and nerves of the head and neck and works to determine the best individualized treatment program for you.
- Assesses your posture and its contribution to your symptoms. Poor postural alignment can cause stress to the joints, muscles and nerves of the head and neck and is one of the most common causes of neck pain and headaches¹.
- Initiates pain-reducing steps including ice, heat, ultrasound, myofascial release, massage and electrical stimulation to help increase your comfort.
- Utilizes mobilization techniques to help restore normal joint movement to neck and head. Clinical studies show that an approach that includes mobilization, soft tissue work and exercise is *more effective* than exercise alone in treating head and neck pain^{2,3}.
- Instructs and trains you in a program of stretching, strengthening and coordination exercises designed to improve posture and neck function to create long-lasting changes.

Research References

1. Bogduk N. Cervicogenic Headache: anatomic basis and pathophysiologic mechanisms. *Curr Pain Headache Rep.* 2001.
2. Jull J. A randomized trial of exercise and manipulative therapy for cervicogenic headache. *Spine.* 2002.
3. Schoensee SK, et al. The effect of mobilization on cervical headaches. *J ORTHOP SPORTS PHYS THER.* 1995.

Mission

Jackson County Physical Therapy is committed to supporting you on your return to optimal health and well-being.

Jackson County Physical Therapy Locations

Ashland

370 E. Hersey St. Ste 1
(541) 482-6360

Eagle Point

158 W. Main St.
(541) 830-0914

Medford

36 Hawthorne St.
(541) 776-2333

Phoenix

242 Fern Valley Rd.
(541) 512-0757

Vision

Jackson County Physical Therapy aspires to improve the quality of life of our patients by creating an environment that promotes wellness. We are committed to providing an experienced, caring staff dedicated to learning, teaching and personal development. We strive for a safe and confidential setting with unparalleled individualized care.

Musculoskeletal and Migraine Headaches



**JACKSON
COUNTY
PHYSICAL
THERAPY^{LLP}**



Heal Your Body. Strengthen Your Life.TM

Common Causes

TMJ (temporomandibular joint) dysfunction is a common cause of facial pain and headaches. Pain in front of the ear and in the facial muscles, clicking/popping in the jaw and problems with opening are all signs of possible TMJ problems. Jackson County Physical Therapy has specific programs designed to treat TMJ.

Migraine patients are thought to have a part of the brain (a migraine generator) that sends out an electrical signal which causes these headaches. Changes in hormone levels in women, sensitivity to certain stimuli, and neck pain are all thought to be migraine triggers.

Forward head posture is thought to cause as many as 20% of all headaches, and is the number one cause of non-migraine type headaches. Forward head posture places the head and neck in a position where nerves can be pinched, muscles may become short or overstretched, and joints become compressed.

How Physical Therapy Can Help?

Clinical research studies have shown that a program of stretching/strengthening exercises combined with physical therapy to help restore mobility can markedly decrease headaches^{1,2}.

The following exercises are routinely utilized in our clinic to help restore normal postural alignment. *These exercises should be done gently and are best utilized under a supervised program of physical therapy as correct performance is vital to their effectiveness.* If painful, stop immediately and consult your health care provider. Exercises 1-4 should be held for 30 seconds and repeated twice. Exercise 5 should be done 10 times in each direction.

Exercises:

1) Stand tall. Gently lower your chin toward your chest.



2) Stand tall. Gently pull your head straight back keeping your jaw and eyes level and then bring your chin down toward your throat.



3) Stand tall. Gently pull your head straight back as in exercise 2 raise your arms, keeping your fingertips pointed straight toward the ceiling. Slowly bring your shoulder blades together and down toward the middle of your back.



4) Stand tall. Place a towel or king size pillow case along side your neck and hold it down snugly from the front and back. Gently lower your opposite ear toward your shoulder.



5) Stand tall. Alternating fingertips, push very lightly on all sides of the head for two seconds while keeping your head from moving.



Contact your physical therapist to discuss an exercise program to meet your specific needs.

Physician Referral Slip Jackson County Physical Therapy:

Name _____

Diagnosis _____

ICD - 9 Code _____

Precautions _____

____ Headache Program ____ TMJ Program

____ Evaluate and Treat ____ Heat

____ Therapeutic exercise ____ Cryotherapy

____ Joint Mobilization ____ Iontophoresis

____ Ultrasound ____ Phonophoresis

____ Massage ____ Electrotherapy

____ Traction ____ Neuromuscular re-education

Rx Treatment Prescription:

Rx Treatment Goals:

_____ times/week _____ weeks

_____ Date _____ Physician Signature

Stamp or Print Physician Name