

Tension headaches are the most common types of headaches men and women suffer from today, also referred to as stress headaches. Symptoms of tension headaches can include constant ache or pressure, especially at the temples or the back of the head and neck. Tension headaches are not as severe as migraines, and usually will not cause nausea or vomiting. Tension headaches can appear periodically or daily. Daily headaches may also be considered chronic if they last more than 15 days out of the month, for several months. If you suffer from chronic headaches, or if the frequency/severity of your headaches is increasing, you should see your doctor.



## Common Causes

- Poor posture at work, recreational activities, or activities of daily living
- Physical, mental or emotional stress
- Inadequate sleep leading to increase of stress levels.
- Hunger or inadequate food intake leading to chemical/blood imbalances
- Fatigue or overexertion

# TENSION HEADACHE PAIN

If you suffer from headaches, it is always a good idea to keep a journal or diary to track external or internal triggers that may be causing your headaches. This tool is very helpful to your doctor or physical therapist when performing an assessment or evaluation. Things to keep track of are: time of day, before or after meals, contents of a meal, duration and intensity of headache, and any medications you have taken. You may begin to notice patterns or identify triggers precipitating your tension headaches. Tension headaches are best treated at the first sign of mild symptoms, before they become more frequent or incapacitating.

## Treatment

You do not have to live with daily or weekly tension headaches. At Physical Therapy of Idaho we can help reduce your tension headaches with massage, manual techniques, education on stretching/stabilization and management of your symptoms.

The most important thing you need is a proper evaluation of your cervical spine/ neck as well as a history of your symptoms associated with work and recreational activities. At Physical Therapy of Idaho, our caring, experienced therapists are committed to the utmost care of our patients. Call one of our three convenient locations today to set up an evaluation.

Most insurance carriers do not require a doctor's referral for you to commence treatment at Physical Therapy of Idaho. We can usually get you in for your evaluation within 24 hours of calling for an appointment, so relief may be only a phone call away. Our physical therapists have between 10 and 20 years of experience in treating pain and injuries, so let us help you get you back to your best, pain free.

