

Q&A – Headaches

Ask the Physical Therapist

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Q: I've suffered with headaches for years and tried several different medications that never seem to help much. What else can I do to help my headaches?

A: Many chronic headache conditions are a mix of two or more headache types. You may have a tension-type headache or cervicogenic headache that results from or triggers a migraine headache. Your medication probably targets the migraine, but does little for the other headache type. Conditions of the muscles and joints of the upper back and neck could be the cause of your headache. An evaluation by a manual physical therapist trained in the differential diagnosis and treatment of these types of headaches is a good place to start.

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