

Cervicogenic Headaches

Due to a keen interest in the field of physiotherapy, treatment techniques for headaches one of our physiotherapists, Begeyya, has recently attended a course on the diagnosis and treatment of Migraine and headaches.



The course presented current research and evidence. This reiterates that headaches and Migraines can be caused by dysfunction within the cervical spine and its surrounding structures. More specifically, it has been found that the upper joints of the cervical spine (C1-C2 and C2-C3) are the base of the skull and the first cervical vertebrae (C1 and C2) and C3 and C4 have a direct impact on the nerve pathways that send information to the part of the brain that controls head pain and headaches.

Through treatment of the offending structures and symptoms, long-lasting relief from headaches and Migraines has been shown including analgesics and different types of headaches such as Menstrual Migraine, tension type headaches and Migraine with aura. If you are a headache or Migraine sufferer then it is worth your time to go and have your neck assessed to see whether this treatment would give you benefit to you. These are safe treatments. This are sustained to help restore soft tissue and joint function in the upper neck.

If you are interested in finding out more please call 08-9439 or send Begeyya an email to regeyya@bodysmart.com.au

BODYSMART OFFER

When you book for a physiotherapy Headache Consultation you will receive a 15% discount on a 15-minute consultation. Please mention this offer and request a Headache consultation at the time of booking for appointment.

Get rid of those horrible headaches and get back into life 😊