Cervicogenic Headaches

Due to a keen interest in the field of physiotherapy treatment techniques for headaches, one of our Senior Physiotherapists Laura Saldhana has recently attended an intensive 3 day course in Sydney on the diagnosis and treatment of Migraine and Headaches.

The course presented current research and evidence which reiterates that headaches and migraines can be caused by dysfunction within the cervical spine (neck) and its surrounding structures. More specifically it has been found that the upper 3 joints of the cervical spine – C0/1, 1/2 and 2/3 (between the base of the skull and the first cervical vertebrae (C1), C1 and 2 and C2 and 3) have a direct input to 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 segments, long lasting relief from headaches and migraines has been shown; including a large range and differing types of headaches such as menstrual migraine, tension type headaches and migraines with aura.

If you are a headache or migraine sufferer, then it's worth your while to come and have your neck assessed to see whether this treatment could be of benefit for you. We use safe and effective techniques help restore soft tissue and joint function in the upper neck.

Our initial headache consultation is a 40 minute consultation (rather than the standard 30 minute Initial Consultation). As the nature of headache pain is so complex, the additional time in this consult enables the practitioner to properly assess the cause of the headaches and creates a targeted treatment approach, enabling an effective treatment plan to be structured.

For the month of February and March Bodysmart is offering the 40 minute Headache Consultation at $114, saving you $21. If you are interested in finding out more, please call Bodysmart on (08) 9481-8708 or email on reception@bodysmart.com.au. Please note, these consultations are only available with Laura Saldanha, Physiotherapist.

Get rid of those horrible headaches and get back in to life ☺