

Headaches

Headaches can often be referred from joints and muscles in the neck. This is because the nerves supplying the upper neck joints are connected to nerves that supply the head and face. The pain is often felt in the back of the head, temples, forehead or behind the eyes. Headaches can be aggravated by poor postures, stress and tension, sleeping incorrectly or with a poor fitting pillow, or trauma to the neck (like a whiplash injury).

Headaches can often be quite debilitating, but can be managed with the right treatment. Our Physiotherapists can help identify the cause of the pain by thoroughly assessing the source of your headache and providing appropriate hands on treatment to alleviate your pain. Treatment techniques may include joint mobilisation, massage and soft tissue release techniques, as well as exercise and advice on how to manage your headaches, posture and prevent re-occurrence.