



headache

Headaches are amongst the most common health complaints in the modern world. Various worldwide studies state the frequency of headaches to be approximately 75% of the population suffering one or more headaches in any one year.

Common headaches involve pain in or around the head and face regions on either or both sides, with the pain quality varying from an 'ache' to deeper 'boring' or even 'pounding'. The pain can be focused around a particular area (ie: *Sinusitis*) or widespread around the head (ie: *Tension headache*). Other symptoms such as visual changes, nausea, sensory changes do not usually accompany common headaches but may accompany Migraine and other conditions. It is important to note that the severity of headaches is not a good indicator for whether or not they are serious. Frequent mild headaches may in fact be a greater concern than infrequent throbbing headaches.

treatment of headaches

It is strongly recommended that headache sufferers consult a health professional instead of simply taking pain killers. Causes may be simple to treat, resulting in prolonged pain free periods, or you may have an underlying condition that requires attention.

Types of headaches and typical treatment:

Tension Headache: "ache, tightness, pressure, or constriction, widely varied in intensity, frequency & duration: long lasting & commonly suboccipital (base of skull at back), associated with sustained contraction of skeletal muscles, usually as part of the individual's reaction during life stress" - Myotherapy is effective treatment.

Myofascial Pain: Headaches commonly caused by 'trigger points' (TP's). TP's occur due to poor posture, workstation setup, overuse or trauma. Pain can be described as ache, throb, pounding and sometimes hard to pinpoint. Commonly pain is felt behind the eyes, like a band around the forehead or at the base of the skull. Myotherapy is effective treatment and can completely remove the problem.

Cluster Headache: Actually considered to be a sub category of Migraine and are amongst the most painful types of headaches. The onset of these headaches is typically between the ages of 20 and 40 years with a male to female incidence of 4:1, however exceptions do occur. Cluster Headaches occurring in 'clusters' of a number of attacks of pain in the face or head, usually short lived in duration and very severe with often many months between clusters. The cycle of attacks with periods of remission is usually repetitive over time with the sufferer almost able to predict the onset and duration of the next cluster. Consult a headache specialist for effective treatment.

Migraine: Pain can vary in quality from a pounding-throbbing sensation to a severe ache often associated with nausea and sometimes vomiting. Intolerance to light and noise is also common. There is usually a history of such attacks reoccurring over many years and lasting for hours and sometimes days. Many triggers may be cited by the sufferer as precipitating an attack such as: skipping meals, certain foods, hormonal changes, oversleeping, stress etc.. Migraine sufferers should consult a headache specialist.

what you can do

Headache sufferers should consult a health professional. We recommend a Myotherapist or a headache specialist, depending on your symptoms. Stretching, heat and strengthening exercises are usually beneficial when prescribed by a health professional.

for more info on headaches, we recommend: www.headache.com.au