
A New Treatment Approach to Headache Pain

Headaches

The cervical spine (neck) can refer pain into the head, jaw and face. If the symptoms in your head are coming from your neck, there is a predictable method of abolishing the symptoms, starting with the face/head and working toward the neck. This is called “centralization.”

Headaches arising from muscle/skeletal disorders of the neck, termed “cervicogenic,” are a common form of chronic and recurrent headaches.

Symptoms the Neck Can Produce

- ♦ Headache
- ♦ Migraine (All Types)
- ♦ TMJ (Jaw) Pain/Clenching
- ♦ Balance/Gait Problems
- ♦ Tinnitus (Ear Ringing)
- ♦ Oral-Facial Pain
- ♦ Bruxism (Night Grinding)
- ♦ Neck Pain
- ♦ Mid-back Pain
- ♦ Shoulder Blade Pain
- ♦ Radiculopathy (Hand/Arm Pain)

Symptoms that Have Not Responded to Prior Treatments

- ♦ Tooth Pain
- ♦ Ear Fullness/Pain
- ♦ Sinus Pressure
- ♦ Sinusitis
- ♦ Visual Disturbances
- ♦ Lacrimation (Tearing)
- ♦ Eye Dryness
- ♦ Dizziness/Vertigo
- ♦ Nausea/Vomiting

What Treatment Do We Offer?

This unique treatment approach focuses exclusively on the neck. First, you will be evaluated by a physical therapist who specializes in treatment of headache pain. Then the treatment program is individually tailored in four specific areas:

- 1. Pain Relieving Exercise Program (PREP);** a simple neck exercise designed to decrease or abolish symptoms when needed.
- 2. Posture Correction;** prescribed to keep your neck and head in pain relieving position.
- 3. Neuromuscular Re-education and Training;** trunk and neck muscles can and will be “retrained” to hold the head and neck in stress-relieving positions throughout the day.
- 4. Education;** you will be taught important information regarding cervical biomechanics, body mechanics, and sleep positions, and how to perform typical daily activities while maintaining a protective cervical alignment.

Treatment may also include any of the following in order to decrease pain and muscle spasms and increase range of motion of neck and upper back:

- ♦ Joint Mobilization
- ♦ Heat/Cold Treatments

Results

The results come from a team approach. It starts with your referring physician or dentist. The physical therapist will then treat and coach you in this new treatment approach. The most important member of the team is “YOU.” You must be committed to performing your Pain Relieving Exercise Program regularly, maintaining pain relieving postures throughout the day and night, and retraining your trunk and neck muscles.

Where is Treatment Available?

A headache program is available at Riverview Rehabilitation Center, 1041 Hill Street in Wisconsin Rapids, and at Riverview Family Clinic Nekoosa, 1015 Angelus Drive in Nekoosa. Services are provided by Riverview physical therapy staff who are specially trained in the treatment of headaches.

Please call 715-424-8500 for more information.

Riverview Rehabilitation Staff & Services

Riverview Rehabilitation is staffed by skilled professionals, including: Occupational Therapists, Certified Occupational Therapy Assistants, Physical Therapists, Physical Therapist Assistants, and a Speech & Language Pathologist.

These licensed professionals provide a full complement of services, including:

- Orthopedic Therapy
- Speech & Swallowing Therapy
- Work Conditioning
- Balance & Vestibular Dysfunction Treatment
- Incontinence Treatment
- Headache Pain Treatment
- Temporomandibular Joint (TMJ) Treatment
- Lymphedema Treatment
- Neurological Hand Rehabilitation with the SaeboFlex Splint
- Clinical Driving Assessments
- Therapy after a Stroke, CVA or Brain Injury

Riverview's licensed therapists: assess clients' conditions; develop plans of care; and establish functional goals with clients.

Even if you see a doctor from another community or facility, you may request to rehabilitate locally with Riverview.

Three Locations

Riverview Rehabilitation was established in 1992 to respond to the growing needs of area residents for convenient, readily accessible outpatient rehabilitation services. Today, Riverview Rehabilitation has three convenient locations, including:

Riverview Rehabilitation Center

in Riverview's Bethke Building at 1041 Hill Street in Wisconsin Rapids.

This 10,000-square-foot facility includes:

- Large gymnasium with leading-edge diagnostic and rehabilitation equipment
- Individual treatment/exam rooms
- Biodex Balance System to improve balance and weight shift
- Biodex Unweighing System to improve the quality and speed of walking
- Bathroom and kitchen training areas for clients with functional disabilities

Riverview Family Clinic Nekoosa

at 1015 Angelus Drive in Nekoosa

Riverview Family Clinic Lakes Area

Medical Center in the Town of Rome at 1160 Rome Center Drive (Highway 13 and Queen's Way)

Riverview

REHABILITATION CENTER

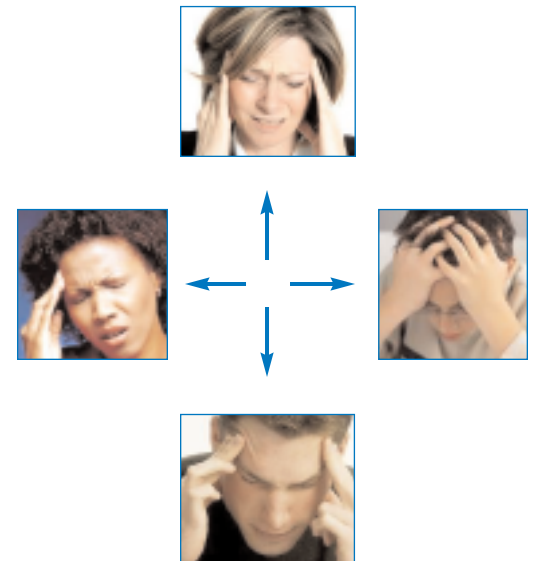
715-424-8500

www.riverviewmedical.org

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Migraine? TMJ Pain?



Riverview

REHABILITATION CENTER

Three Convenient Locations:

Wisconsin Rapids

Nekoosa ♦ Lakes Area