



HOW PHYSICAL THERAPY CAN HELP YOUR CLUSTER HEADACHES

Do you wake up at night with excruciating headaches? Do you have pain behind one eye that seems to intensify quickly? You may be experiencing a cluster headache. At TherapyWorks, our therapist will help you figure out the source of your headaches and, more importantly, how to find relief from them.

Cluster headaches are a specific type of chronic headache. They are often short-lived but intense headaches that occur every day for weeks. Most cluster attacks occur at night; however, they can occur at any point, sometimes multiple times throughout the day. They get their name because they appear in patterns or “clusters” at the same time every year, such as in the spring or fall.

If you’ve been living with nagging headaches, you will benefit from a consultation with one of our experienced physical therapists. Contact TherapyWorks today to schedule an appointment and let us help you figure out precisely what type of headache is plaguing you. We’ll help you learn how to resolve it once and for all!

WHAT CAUSES A CLUSTER HEADACHE?

Any pain that occurs within the head can be referred to as a headache. Most headaches will resolve independently without medical intervention; however, severe or recurrent headaches that interfere with one’s quality of life should most certainly be evaluated further.

The challenge lies in identifying which type of headache you’re experiencing and then devising a treatment plan accordingly.

Cluster headaches, which occur in cyclical patterns or cluster periods, are one of the most painful types of headaches. A cluster headache typically wakes a person up in the middle of the night with intense pain in or around one eye on one side of their head.

While some headaches have specific triggers, such as hormonal changes, stress, or tension, cluster headaches typically do not. The most common factor associated with cluster headaches are:

- **Age** — Most people who develop cluster headaches are between 20-50 years old.
- **Gender** — Males are more likely to develop cluster headaches than females.
- **Smoking** — A large number of people who experience cluster headaches are smokers.
- **Alcohol** — Alcohol use can aggravate or even trigger a cluster attack.
- **Family History** — Those who have family members with cluster headaches are more likely to develop them themselves.

Continued inside.

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HOW PHYSICAL THERAPY CAN RELIEVE CLUSTER HEADACHES

Physical therapy isn't typically someone's first thought when they have a headache. Most of the time, the typical reaction is to take some form of pain-relieving medication. If you suffer from cluster headaches, pain relief drugs will not provide you with the same long-term relief as physical therapy.

Physical therapy can be a very effective remedy for cluster headaches. It is a safe and effective option for decreasing their frequency, pain intensity levels, and duration.

The first step of physical therapy is determining the underlying cause. Our therapist will conduct a comprehensive evaluation to determine the type of headache you have.

Our physical therapists are experienced in treating most musculoskeletal problems, including headaches and other disorders related to the condition. We will use targeted manual therapy, postural education, and specific stretches to alleviate your pain.

Often recommendations to change positions from standing to sitting to reclining can provide relief to calm the pain down and allow you to regain your ability to function at home.

In addition to the therapeutic recommendations, some lifestyle changes can minimize how often you experience cluster headaches. Your physical therapist may suggest lifestyle changes including:

- Increasing exercise and physical activity (but avoid exercising in hot weather)
- Cutting out alcohol and/or cigarettes



- Avoiding specific medications which can cause blood vessels to dilate and trigger cluster headaches
- Stress relief techniques, as well as learning how to avoid stressful situations that may trigger your headaches
- Creating a consistent sleep schedule
- Implementing a more nutritious diet

We can help get to the root of your problem and figure out what factors are causing your cluster headaches so we can treat them accordingly.

If you have been dealing with persistent, ongoing headaches that you believe may be cluster headaches, don't hesitate to contact our office today.

At TherapyWorks, we will help you figure out the cause of your headaches and provide an effective, safe and natural treatment plan for eliminating the pain!

REQUEST AN APPOINTMENT

(785) 367-3395



Vibrant Health SOLUTIONS

TherapyWorks is now the premier physical therapy provider for Vibrant Health Solutions.

TherapyWorks has been serving the people of Lawrence, KS since 1994. We have a highly experienced and dedicated team of physical therapists who offer specialized treatment services for any pain, injury, or discomfort you may be feeling. Our patients have found high levels of success in our treatment services due to our implementation of advanced technology and methods.

Our team is here to provide support and help YOU reach YOUR GOALS. Contact TherapyWorks today!

Start Feeling Better Today! Call Us At (785) 367-3395 Or Visit Us Online At www.therapyworkskansas.com

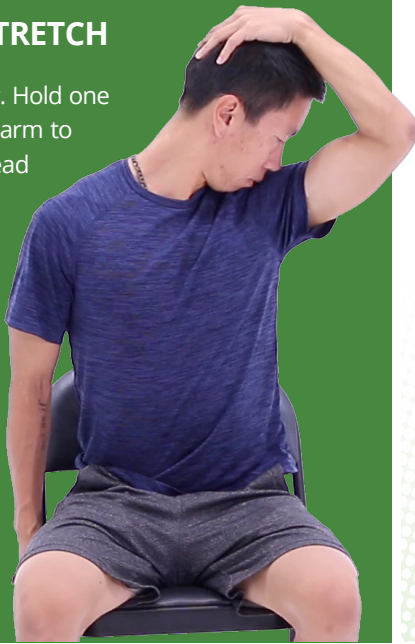
EXERCISE ESSENTIALS

Try this exercise to help relieve headaches.

LEVATOR SCAPULAE STRETCH

Start by sitting upright in a chair. Hold one side of the chair with your free arm to stabilize yourself. Turn your head away from that arm and grab the back of your head with your other arm. Slowly pull your head away from your arm that is holding the chair and tuck your chin down until you feel the stretch in the side of your neck. Hold for 30 seconds.

PT WIRE-3



Patient Success Spotlight



"I turned 50 this winter and decided I needed to get into better shape to climb Long's Peak this summer. It had been years since I tried to run and was never very good at it. My kids had been through the Acceleration Program and were touting its benefits. After 4 weeks I feel stronger, faster, and am more motivated to work out on days I'm not doing Acceleration. Thanks, James!" —K.P.

[REQUEST AN APPOINTMENT](#)

SEPTEMBER VIRTUAL WORKSHOPS BACK PAIN AND SCIATICA

With Cindy Johnson, M.S., P.T., MCMT

• September 13th at 6:30 pm

SHOULDER PAIN AND ROTATOR CUFF

With Cindy Johnson, M.S., P.T., MCMT

• September 27 at 6:30 pm



[Click Here for Workshop Info](#)

FACEBOOK LIVE INTERVIEW EVENTS



September 6th at 4:30 pm

Topic: **Headaches** with
Britani Baxter, PTA

September 20th at 4:30 pm

Topic: **Elbow Pain** with
Callie Dohe, PTA



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