

Why Physical Therapy?

Physical therapists are rehab specialists extensively trained in evaluation and treatment of problems involving the muscles, bones and nerves. Working as a team with your doctor, your physical therapist:

- Evaluates the joints, muscles and nerves of the head and neck and works to determine the best individualized treatment program for you.
- Assesses your posture and its contribution to your symptoms. Poor postural alignment can cause stress to the joints, muscles and nerves of the head and neck and is one of the most common causes of neck pain and headaches .
- Initiates pain-reducing steps including ice, heat, ultrasound, myofascial release, massage and electrical stimulation to help increase your comfort.
- Utilizes mobilization techniques to help restore normal joint movement to neck and head. Clinical studies show that an approach including mobilization, soft tissue work and exercise is more effective than exercise alone in treating head and neck pain.
- Instructs and trains you in a program of stretching, strengthening and coordination exercises designed to improve posture and neck function to create long-lasting changes

Research References

1. Bogduk N. Cervicogenic Headache: anatomic basis and pathophysiologic mechanisms. Curr Pain Headache Rep. 2001.
2. Jull J. A randomized trial of exercise and manipulative therapy for cervicogenic headache. Spine. 2002.
3. Schoensee SK, et al. The effect of mobilization on cervical headaches. J ORTHOP SPORTS PHYS THER. 1995

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Mission

Jackson County Physical Therapy is committed to supporting you on your return to optimal health and well-being.

Vision

Jackson County Physical Therapy aspires to improve the quality of life for our patients by creating an environment that promotes wellness. We are committed to providing an experienced, caring staff dedicated to learning, teaching and personal development. We strive for a safe and confidential setting with unparalleled individualized care. We will listen compassionately to your concerns and consistently provide our services with integrity.

ASHLAND

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EAGLE POINT

158 W. Main St.
Eagle Point, OR 97524
541-830-0914

EAST MEDFORD

709 N. Phoenix Rd.
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CENTRAL MEDFORD

36 Hawthorne St.
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Musculoskeletal & Migraine Headaches



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Common Causes

TMJ (temporomandibular joint) dysfunction is a common cause of facial pain and headaches. Pain in front of the ear and in the facial muscles, clicking/popping in the jaw and problems with opening are all signs of possible TMJ problems. Jackson County Physical Therapy has specific programs designed to treat TMJ.

Migraine patients are thought to have a part of the brain (a migraine generator) that sends out an electrical signal which causes these headaches. Changes in hormone levels in women, sensitivity to certain stimuli, and neck pain are all thought to be migraine triggers.

Forward head posture is thought to cause as many as 20% of all headaches, and is the number one cause of non-migraine type headaches. Forward head posture places the head and neck in a position where nerves can be pinched, muscles may become short or overstretched, and joints become compressed.

How Physical Therapy Can Help?

Clinical research studies have shown that a program of stretching/strengthening exercises combined with physical therapy to help restore mobility can markedly decrease headaches .

The following exercises are routinely utilized in our clinic to help restore normal postural alignment. These exercises should be done gently and are best utilized under a supervised program of physical therapy as correct performance is vital to their effectiveness. If painful, stop immediately and consult your health care provider. Exercises 1-4 should be held for 30 seconds and repeated twice. Exercise 5 should be done 10 times in each direction.

Research References

1. Active intervention in patients with whiplash associated disorder improves long term prognosis. Spine Volume 28, Number 22, pp 2491-2498
2. Comparison of the effects of laser and ultrasound treatments on experimental wound healing in rats. Huseyin Demir, MD; Solmaz Yaray, MD; Mehmet Kirnap, MD; Kadier Yaray, PhD. JRRD, V41 Number 5, September/October 2004 pp 721-728

Exercises:

- 1 Stand tall. Gently lower your chin toward your chest.



- 2 Stand tall. Gently pull your head straight back keeping your jaw and eyes level and then bring your chin down toward your throat.



- 3 Stand tall. Gently pull your head straight back as in exercise and raise your arms, keeping your finger tips pointed straight toward the ceiling. Slowly bring your shoulder blades together and down toward the middle of your back.



- 4 Stand tall. Place a towel or king size pillowcase along side your neck and hold it down snugly from the front and back. Gently lower your opposite ear toward your shoulder.



- 5 Stand tall. Alternating fingertips, push very lightly on all sides of the head for two seconds while keeping your head from moving.



Contact your physical therapist to discuss an exercise program to meet your specific needs

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Physician Referral Slip Jackson County Physical Therapy, LLP

Name _____

Diagnosis _____

ICD - 10 Code _____

Precautions _____

___ **Headache Program**

___ Evaluate and Treat

___ Therapeutic exercise

___ Joint Mobilization

___ Ultrasound

___ Massage

___ Traction

___ **TMJ Program**

___ Heat

___ Cryotherapy

___ Iontophoresis

___ Phonophoresis

___ Electrotherapy

___ Neuromuscular reeducation

Rx Treatment Prescription:

Rx Treatment Goals

Required

_____ **times/week** _____ **weeks**

Date

Physician Signature

Stamp/Print Physician Name