



Indiana Physical Therapy is dedicated to providing quality therapy to our patients in a timely and cost effective manner. We promise to provide prompt and courteous service, ongoing health education, expertise, and rehabilitative services with real results at each of our clinics.

CALL TO SCHEDULE AT ANY OF OUR LOCATIONS THROUGHOUT INDIANA:

FORT WAYNE AREA: (260) 209-2464

INDY AREA: (317) 449-2333

MICHIANA: (574) 931-2802

OPEN 7AM-7PM

ACCEPTS ALL INSURANCES

GUARANTEED APPTS WITHIN 24 HOURS

INDIANA PHYSICAL THERAPY

HEADACHES



**INDIANA
PHYSICAL THERAPY**

Where people go to get better

WWW.INDIANAPT.COM

HEADACHES

Headaches can range from being a simple annoyance in one's daily living to life-threatening. With over 200 types of headaches, it is possible to suffer from any single type or combination of them. Physical therapy is an effective solution to reducing the frequency or eliminate them all together.

The most common type is tension headache. It is caused by muscle tightening in the back of the neck and/or scalp and is often triggered by emotional stress, fatigue or depression.

SYMPTOMS

- Tight feeling in head or neck muscles
- Tightening sensation around the neck and/or head.
- Constant dull, achy feeling on both sides of the head.
- Pain primarily in the forehead, temples, or the back of head and/or neck.

These symptoms may be accompanied by changes in sleep patterns or insomnia, early morning or late day occurrence of headache, weight loss, dizziness, poor concentration, fatigue or nausea.

Whatever your diagnosis, our staff has a wealth of industry experience and knowledge to help get you through. If you are down due to pain, it's time to come see us!

POTENTIAL TRIGGERS

- Postural deficits
- Stress
- Allergies
- Caffeine
- Fatigue
- Diet
- Injury
- Infection
- Dehydration
- Smoking
- Pregnancy

OTHER COMMON HEADACHE TYPES

- **Sinus headache** - gnawing pain in the nasal area caused by infection or inflamed sinuses.
- **Cluster headaches** - severe pain that develops behind one eye.
- **Migraine headaches** - severe pain on one side of the head that can include throbbing, sensitivity to light and sound, nausea or vomiting, and increased pain with exertion.
- **Post-traumatic headaches** - may be a result of a head injury or concussion with pain, dizziness, insomnia, or personality changes.
- **Cervicogenic headaches** - caused by injury or damage to the cervical spine. Pain tends to begin in the back of the head and neck, then travels along the side of the head toward the forehead.

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