

I ALWAYS GET HEADACHES THAT START AT THE BACK OF MY NECK AND MOVE UP OVER THE TOP OF MY HEAD.

Headaches and neck pain are often related. Many people suffer from chronic headaches that are often due to positional dysfunctions of the C1-2 joint. McMeen Physical Therapy can help! >>

Headaches can and do have multiple causes. A complete medical evaluation by a physician is needed to rule out serious medical complications causing headaches. Once all medical tests are negative a physical therapy referral is suggested.

During a physical therapy evaluation cervical and thoracic spine ROM and accessory motion will be looked at. Although very complicated, dysfunction of C1-2 cervical mechanics often leads to soft tissue imbalances and motion restrictions causing chronic headaches.



Gentle manual stretching and mobilizations of the cervical spine will restore neutral cervical spine mechanics.

Once normal cervical spine mechanics are restored it is essential to begin a postural stability and strengthening program.

Emphasis will be place on good upright posture during daily activities including driving and working. Para-scapular strengthening and stabilization and core strengthening skills will be taught to the patient and advanced to a home program.

Often a patient will be taught Mulligan self mobilization tech-



"Your Movement Rehabilitation Specialists"

**CONTACT US
FOR MORE INFORMATION**

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