

MALVERN

PHYSICAL THERAPY

N E W S L E T T E R

SOLVE YOUR HEADACHES THIS NEW YEAR

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

(continued inside)



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PHYSICAL THERAPY

N E W S L E T T E R

RECOGNIZING THE CAUSES OF A CLUSTER HEADACHE - AND HOW TO TREAT IT



INSIDE:

- How Will PT Relieve My Cluster Headaches?
- Staff Spotlight

- Coupon Corner!
- Exercise Essentials



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

Cluster headaches are a specific type of chronic headache. Also known as Horton's syndrome, cluster headaches are short-lived but painful headaches that occur every day for weeks or even months at a time. They occur in patterns or "clusters," and they may even happen at the same time every year, such as in the spring or fall. Most cluster attacks occur at night; however, it is possible for them to occur at any point during the day, sometimes multiple times throughout the day. The pain you feel from cluster headaches is defined as chronic, due to the nature of the ongoing clusters.

If you are suffering from chronic headaches, it is important to realize that you are not alone. In fact, according to the International Headache Society, headaches are the third most common pain complaint across the world.

If you've been living with nagging headaches that seem to come and go at different times, you may be experiencing cluster headaches. Contact ProActive Physical Therapy today to schedule a consultation with one of our experienced physical therapists and figure out exactly what type of headache is plaguing you.

What causes a cluster headache?

While some headaches have specific triggers, such as hormonal changes, stress, or tension, cluster headaches typically do not. While the exact cause of cluster headaches is unknown, many medical professionals believe that they are associated with the hypothalamus. Some factors that may put you at a higher risk for developing cluster headaches include:

- **Age.** Most people who develop cluster headaches are between 20-50 years old.
- **Sex.** 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.

To learn more about how we can help get to the bottom of your cluster headaches, contact us today!



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HOW WILL PT RELIEVE MY CLUSTER HEADACHES?

Physical therapy isn't normally someone's first thought when they have a headache - most of the time, the common reaction is to take some form of pain-relieving medication. This may help to relieve pain in the short-term, but if you are constantly suffering from headaches, pain relief drugs will not provide you with the same long-term effects that physical therapy will.

Some common physical therapy treatments for headache relief includes:

- Trigger point therapy
- Heat or ice compressions
- Soft tissue mobilization
- Muscular releases
- Muscle energy techniques
- Body mobilization
- Cervical traction
- McKenzie-based therapies
- Strengthening
- Stretching

Since there are some environmental factors associated with cluster headaches, your physical therapist may also suggest lifestyle changes to help prevent the headaches from occurring. This may include increasing exercise or cutting out alcohol and/or cigarettes. Your physical therapist can also provide you with stress relief exercises to try and avoid stressful situations that may cause your cluster headaches, or the adoption of additional healthy lifestyle choices, such as maintaining a consistent sleep schedule or implementing a more nutritious diet.

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Contact ProActive Physical Therapy today:

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. We will help you figure out the cause of your headaches and provide an effective, safe, and natural treatment plan for eliminating them!

Are you ready to get to the bottom of your cluster headaches? Contact ProActive Physical Therapy to schedule a consultation and get started today!



TRADITIONAL CHRISTMAS CHEESE BALL



INGREDIENTS

- 1 ½ (8 ounce) packages cream cheese, softened
- 1 (2.5 ounce) package thinly sliced smoked beef, chopped
- 1 (2.25 ounce) can pimento-stuffed green olives, chopped
- 1 small Vidalia or other sweet onion, minced
- 2 dashes Worcestershire sauce, or to taste
- 1 cup chopped walnuts

INSTRUCTIONS

Mix the cream cheese, beef, olives, onion, and Worcestershire sauce together in a bowl until evenly blended. Keeping the mixture in the bowl, scrape it into a semi-ball shape. Cover, and refrigerate until firm, at least 2 hours. Place a large sheet of waxed paper on a flat surface. Sprinkle with walnuts. Roll the cheese ball in the walnuts until completely covered. Transfer the cheese ball to a serving plate, or rewrap with waxed paper and refrigerate until needed.

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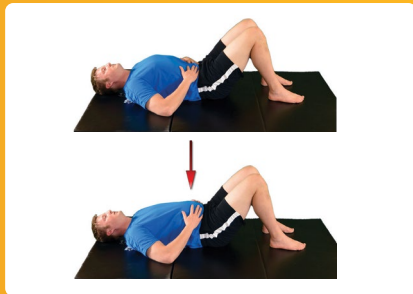
EXERCISE ESSENTIALS

Helps To Relax Your Whole Body.



DIAPHRAGMATIC BREATHING

Lie on your back with your knees bent. Breathe deep, from the belly. Exhale slowly and repeat ten times.



Patient Success Spotlight



“Rick and staff have significantly reduced the pain in my back.”

“Rick and staff have significantly reduced the pain in my back. I am confident that all pain will be gone shortly. I highly recommend Benton Physical Therapy!!! UPDATE – My pain is gone and I am so happy with the treatment I received!!!” - **M.M.**

IF YOU NEED TO HAVE THERAPY:

- 1) **CHOOSE** Physical Therapy 2) **GO** to all prescribed therapy appointments!

FUN & GAMES

9			3			2	1	7
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2	9			8				3
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4				1			9	5
8		9						
5					6	3	2	
3	4	2			5			9

CALL TODAY!

Staff Spotlight



Joe Riggan

*Clinical Liaison,
Pro-Active PT Benton*

Joe is a current resident of Sheridan, AR. He attended college at South Arkansas University. In his spare time he loves hunting and fishing. One day he says he would like to travel to Barcelona, Spain. Joe joined our team in January of 2019 as a therapy technician and has recently transitioned to our Clinical Liaison. He has a caring personality and patients and staff love working with him. Joe's favorite verse is "I can do all things through Christ which strengthens me".

When asked what her favorite part of the job is he says:

“Interacting with the patients everyday and helping them to feel better.” - Joe



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COUPON CORNER!

**ONE FREE
15 - MINUTE
CONSULTATION!**

VISIT OUR WEBSITE!

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