



## Do You Suffer From Headaches?

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A headache is a term used to describe aching or pain that occurs in one or more areas of the head, face, mouth or neck. Headaches can be constant, recurrent or occasional. The pain may be mild to severe enough to disrupt daily activities.

The most common three types of headaches are tension, cluster and migraine headaches. The most common of these three types are tension headaches which account for 75-90% of people who complain of headaches. Tension headaches occur most often in middle age and are usually associated with factors that occur over a number of years, such as:

1. Postural changes
2. Stress
3. Muscular tension
4. TMJ (jaw joint pain)
5. Cervical degenerative changes
6. Anxiety
7. Depression

Most simple tension headaches will go away by themselves, however, if the headache is severe and continues to persist for more than a few days, seek professional attention. If you are having headaches it could mean that the muscles in the back of your neck are irritating the nerves and causing a headache. A physical therapist could help by evaluating your symptoms and design a program of rest, exercise, stretching and other treatments that may be very effective in eliminating the cause of your tension headaches.