

IT'S ME....YOUR HEADACHEAND I AM BACK!



Special thanks to Active Health
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Hello there..I am back! Remember me? You know, your headache. You said I was unforgettable.

We had such fun together. I banged away like a big base drum while you rocked and rolled on the couch. Together we, make beautiful music! What a performance, what you promised.... if I would just go away!

I know, you thought you got rid of me last week, but frankly, I am just too fond of you to leave for too long. You are on my short list of **“great-folks-I-love-to-annoy.”**

Now that I have your attention, can we talk? Due to your lifestyle, diet, and we both know what you think about exercise, we are for sure going to be best buds.

I know you **hate your life**, and your mom is a **“whack-job”** and her incessant phone calls are putting your stress levels way up there. But do you really think you can solve those problems with fast food, chocolate and endless hours of late nite tv? (Would it kill you to eat a salad or take a walk?)

One of the reported causes of both migraine and tension headache is cervical muscle tension and spinal joint abnormalities in the neck. When considering treatment for headaches, whether it's a tension-type or migraine, there are many choices available. The question is, which of the many options offer the best benefit?

One study compared the effectiveness of physical therapy (PT) to that of relaxation and thermal biofeedback (RTB). Both groups were treated using one of these approaches, and if at least a 50% improvement was not achieved, the other form of treatment was then utilized. Results were calculated at 3, 6, and 12 month timeframes. The PT group of 30 females used standard physical therapy approaches that included:

- Posture correction for alignment of head and spine
- Cervical range of motion for neck and shoulders
- Isometric strengthening of the neck
- Flare-up management techniques
- Active self mobilization of the spine
- Whole body stretching

The goal was to target muscular abnormalities and those in this group were to perform the above twice

per day for 30 min. The RTB group were instructed in relaxation and thermal biofeedback (RTB) treatment that focused on muscle relaxation, breathing exercises, and the use of a thermal feedback device that determines when the subject's temperature changes telling them if they are successfully relaxing. The participants were to practice at home and utilized audiotapes for relaxation and monitor success with the portable biofeedback unit.



Using the PT approaches, only 13% reported a successful outcome compared to 51% in the RTB group. In the follow-up of 3, 6 and 12 months, both groups reported continued benefit. When the subjects reported less than 50% benefit with either method, they were given the other treatment option, and the PT approach achieved a 47% success rate and the RTB 50%. These findings suggest that treatments that focus on muscle tension reduction (such as the RTB group) might result in a better outcome compared to only addressing posture, range of motion and flexibility. However, as illustrated in the follow-up group, PT did have a positive beneficial effect. An important point – the subjects in the RTB group demonstrated the ability to reduce migraine pain and the associated disability by using a self-applied form of care. When teaching the patient to self-manage their condition by instruction and training, the greater the likelihood is for a successful outcome.

Chiropractic focuses on many self-management training procedures including (but not limited to) the training of the use of ice vs. heat, exercises, proper methods of bending and lifting, as well as posture and strength. The use and instruction of relaxation is also a commonly recommended form of care, which this study found to be most beneficial.

Care may vary from office to office, so look for a doctor you can see immediately, with no obligation to extensive treatment plans or contracts. Listen to your body and get some relief.