



# 6th Edition

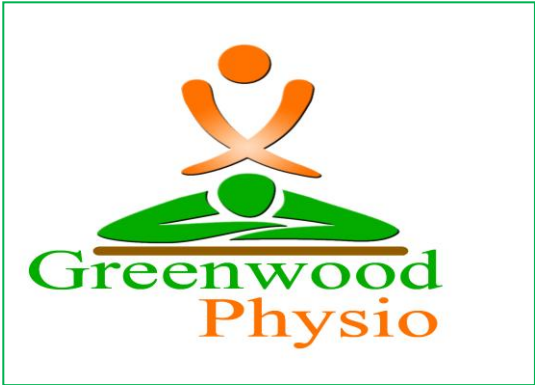
## PRACTICE UPDATE!!!

## May Newsletter

2013 so far has been a busy and eventful year for us. Our staff that were away, enjoying New Zealand and Japan, have returned safely after wonderful trips.

There have been lots of staff changes. Sarah has moved on to Freemantle Hospital and Elaine is the new physio who has taken on her caseload. We have said goodbye to one of our receptionists and hello to a new face on the front desk, Amanda.

We have also gained two physiotherapists working for us, Ashleigh and Antionette, plus a new massage therapist Luke, who will be joining us on the last week of May working Thursday, Friday and Saturday's. We would like to extend a warm welcome to our new staff and good luck to Jessica and Sarah.



## YOGA UPDATE

We now have four yoga classes running. The regulars are starting to feel the impact of their yoga practice to their improving injuries and increased range of movement in everyday life. Bec would love some new faces in her classes, so join us. For the months of April and May, she is offering a \$15 trial class.

Power Class	Tuesday	7.30 PM
Power Class	Thursday	7.00 AM
Power Class	Saturday	1.45 PM
Power Class	Saturday	3:00 PM

\*\*\*\*\*SPECIALS\*\*\*\*\*

**Mother's Day Gift Ideas**

***60 Min Massage for \$75***

***5 Yoga Classes for \$99***

# CERVICOGENIC HEADACHE

A cervicogenic headache is commonly mistaken for a migraine or a general headache. It affects people of all ages, commonly seen in patients between the ages of 20 to 60.



<http://www.olympiasportschiropractor.com>

It differs from a normal headache as it is actually referred pain. This means the pain originates in one area and the pain is sent to another area. In cervicogenic headaches the pain originates in the shoulders or neck (cervical spine) and the pain is then referred as a headache. This happens because the nerves of the upper neck also supply the skin over parts of the skull, meaning the pain travels upward, resulting in a headache.

One of the ways to identify of a cervicogenic headache is that the pain starts at the base of the neck and moves up the back of the head, sometimes referring to the front of the head. It has been described as being a steady constant dull head ache that is like a tight band and can occur on both sides of the head but more commonly is one sided. Some people may feel light headed and dizzy, some find it hard to concentrate and the headache usually worsens from prolonged postures or certain movements. Rather than being short term, these headaches can present themselves for days and can last for months.

Cervicogenic headaches often occur due to activities that place excess stress on the neck whether it is from traumatic, repetitive or prolonged instances. From any of these occurrences, damage can arise in one or more of the joints, muscles or ligaments. This damage can be caused from:

- poor posture
- neck and upper back stiffness
- muscle imbalances (weakness and/or tightness)
- previous neck trauma (e.g. whiplash)
- inappropriate desk setup
- inappropriate pillow or sleeping postures
- a lifestyle with excessive slouching and bending forwards
- stress



[www.core-condition.com](http://www.core-condition.com)

Cervicogenic headaches can be treated by a physiotherapist in terms of muscular, ligament or joint damage, but self management is also necessary for prevention. A treatment may incorporate joint mobilisation, joint manipulation, soft tissue massage, dry needling, electrotherapy, exercise to improve flexibility, strength and posture. Advice should also be given in effective posture management in a work environment. As well as physiotherapy treatment your doctor may prescribe you pain killers and anti inflammatories. It should also be taken into account that cervicogenic headaches can be caused from psychological issues such as stress.



[www.achenet.org](http://www.achenet.org)

## Contact Us Today:

☎ 08 9246 0882 📍 Suite 8/9 Coolibah Drive  
Greenwood WA 6024

✉ [contactus@greenwoodphysio.com.au](mailto:contactus@greenwoodphysio.com.au)

[www.greenwoodphysio.com.au](http://www.greenwoodphysio.com.au)