



## Help Your Patients Get Rid of Headaches Without Medication!

If your patient has experienced ongoing or recurring headaches more often than not, they have probably taken aspirin or any other over-the-counter medication to “relieve” the symptoms. However, this is only a temporary fix. It is creating a false release of the muscles and thus a temporary release of the muscle tension and pressure.

The problem with headaches is that typically, the small muscles in our neck and those covering our skull have gotten into a more **permanent state of tightness and pressure**. This is why our headaches will often go away for a day or two but then come back. Just like all muscles in your body, the muscles in your neck and skull are like rubber bands. If they are not treated properly, they will gradually shorten over time.



### What really needs to happen to *eliminate* the condition and take care of the headaches once and for all?

To completely get rid of headaches we need to address and permanently change the physical state of all of these muscles. Headaches are set off because muscle is not capable of doing the work load that it is placed under. Whether that be that the muscles are too weak, too tight or some combination of both, this must be addressed in order to finally completely handle the headaches.

### How can physical therapy help?

While there are many treatment approaches to deal with headaches, a physical therapist is capable of using techniques to eliminate *all* aspect of headaches and treat the current symptoms. **An expert physical therapist who is trained in manual, hands-on therapy will be able to do a number of things to permanently address your headaches:**

1. First, using manual, hands-on treatment techniques, we will successfully release the tension in all of the muscles involved. Additionally, we can ensure that we eliminate all of the knots and tension throughout the entire muscle, thus ensuring that the problem does not return in the near future.
2. We will assist you with stretching out the muscles that are predisposed in you or your patient, to being tight. This is different in each and everyone of us and the method that this needs to be done is specific to each person.
3. Our expert physical therapists will, having completed the manual techniques previously noted, begin to strengthen all of the associated muscles. Again, this is something specific to each individual and their specific needs. But unless the very small muscles in your neck, shoulder blades and skull are put into proper working order, they will not prevent future headaches.
4. Finally, an expert therapist will educate your on proper methods to prevent overwork and overload on all of these structures and thus prevent the re-occurrence in the future.

Our physical therapists are able to not only relieve the structures that are currently causing the problem, but also eliminate the factors that have caused it to reoccur time and time again.

**At Loudoun Sports Therapy Center, our clinicians are experts at helping your patients for live a pain free and active life.**

**Call our office today at 703-450-4300 and schedule your patients physical therapy appointments.**

### Top 5 Reasons to send Your Patients to LSTC:

1. **NEXT DAY APPOINTMENTS AVAILABLE**
2. **ALL MAJOR INSURANCE PLANS ACCEPTED**
3. **HIGHLY TRAINED PHYSICAL THERAPISTS WHO GIVE THE BEST CARE IN THE AREA**
4. **PHYSICAL THERAPISTS AND LPTA's WORK ONE-ON-ONE WITH ALL PATIENTS WITH CERTIFIED ATHLETIC TRAINERS AS SUPPORT STAFF**
5. **INDIVIDUALIZED TREATMENT PLANS TAILORED TO PATIENTS' NEEDS**



I came in experiencing faster than normal shoulder fatigue from a fall on my shoulder. The athletic trainers and physical therapists addressed the issue well with stretching and strengthening exercises. The muscles around my shoulder blade and shoulder improved. I don't experience muscle fatigue in the shoulder as fast. Going from 80, I feel I'm closer to 100%. I'll keep up with the exercises and stretches after completing the program.

## Our expert staff can help your patients with:

### ALL orthopedic conditions:

- Neck and back
- Hip and knee
- Ankle and foot
- Shoulder
- Elbow, wrist and hand
- Pre and Post-surgical rehabilitation
- Sports Injuries
- And more!



I came to PT because of an ankle sprain. As a gymnast, ankle sprains are pretty common, but this was really my first major experience. Training became difficult, and even walking. It was difficult because it was in the middle of the season, but LSTC got my ankle stronger than it was before the injury, so I can get back to doing what I love pain free. I'm so happy with my results and I would most definitely come back for another injury. I can now train and walk with no pain!

# We Make Referring Patients EASY!

**Let Loudoun Sports Therapy Center help you get your patients back to pain-free living NOW!**  
We take the headache out of referring your patients for physical therapy.

We provide fast, concise and easy-to-read reports sent to your office to keep you Informed of your patients' progress. It's our job to get the results you **and** your patients want so they THANK YOU for referring them to us.

**Refer your patients to Loudoun Sports Therapy Center and we will help them get back to PAIN-FREE LIVING!**

**We make it easy. Call 703-450-4300 or simply FAX prescriptions to 703-450-5113.**



# Loudoun Sports Therapy Center™

*We help you LIVE LIFE PAIN FREE with Physical Therapy!*