



**Loudoun Sports Therapy Center**  
 Orthopedic and Sports Physical Therapy

# Health & Wellness

## • NEWSLETTER •

### June is National Headache and Migraine Awareness Month!

Headaches are something we have probably all experienced at some point in our lives. In fact, some people experience daily headaches. A headache is associated with pain anywhere in the head or scalp. Sometimes, pain occurs in the neck. The symptoms of a headache can range from an ache or tension-like pain to sharp or piercing pain that can increase or be triggered by a number of causes.

Physical therapy is a highly effective treatment method for headaches when it's caused by something related to muscles or a joint. These kinds of headaches start because of the following:

- **Muscle tension and tightness in the neck**
- **Muscle tension and tightness between the shoulder blades**
- **Cervical disc pathology**
- **Poor posture**
- **Decreased joint mobility**

It's common for individuals to come to physical therapy for neck pain not realizing the headaches also may have are usually connected. **Two of the most highly treatable headaches are cervicogenic and tension headaches.**

#### Tension headaches:

Physical therapy has been shown to be highly beneficial for tension headaches. These headaches feel like a dull, aching pain and often include tightness across the forehead or sides or the back of the head. People often describe feeling like they are wearing a headband that is too tight or a clamp is squeezing their skull. The scalp, shoulder muscles and neck muscles are often tender to the touch with these headaches. Tension headaches don't generally last very long however, the most common trigger is stress so you can imagine, these headaches can be reoccurring.

#### Cervicogenic Headaches:

This type of headache comes from a neck problem. Patients typically describe the pain as being on only one side of their head. It's accompanied by neck pain as well. Common locations include the base of the skull, behind the eye or in a line from the base of the skull toward the face or eye. In physical therapy, we focus treatments on correcting the root neck problem through manual therapy and with exercises to improve posture. Improving mobility and postural stability will help decrease the stress on the neck muscles and

therefore allow healing to begin.

Persistent headaches that are related to the muscles or joints, even if they have been occurring for a long time, will continue to come back if that root cause, the tension and tightness in the neck and shoulder muscles, are not addressed properly addressed with therapy. Measures such as aspirin, heating pads or massage will only bring temporary not lasting relief.

**If you're dealing with headaches or have had reoccurring headaches in the past, call Loudoun Sports Therapy Center TODAY at 703-450-4300 to start handling that pain for good!**



### Know Someone that Would Benefit from Physical Therapy?

#### Referral Card

You have been referred to physical therapy by:

[www.loudounsportstherapy.com](http://www.loudounsportstherapy.com)  
 Loudoun Sports Therapy Center



We love referrals because it means we get to help more people live pain free!

If you know someone that would benefit from PT be sure to refer them to us! We are here and happy to help!

## Our Patient Spotlights *Success at LSTC*



### MY NECK MOBILITY HAS IMPROVED~

I have been to a dozen places for my physiotherapy and this... is hands down the best! I like seeing a variety of therapists who are professional and encouraging. Appointments work like clockwork and results are excellent! My neck mobility has improved tenfold! ~ **Carmen A.**



### I IMPROVED MY RANGE OF MOTION!

"Very good! Staff was extremely helpful and professional in all respects! My issue was neck pain and I very narrow range of motion. Now the range is much improved. I still have neck pain, but it is reduced!" ~ **Larry G.**



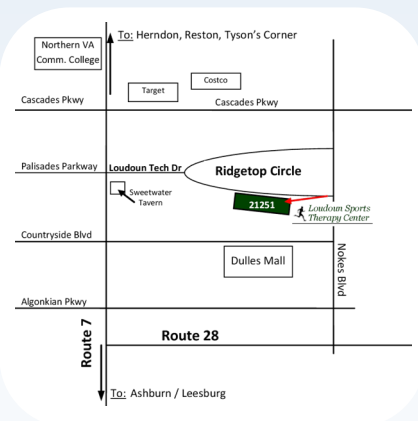
### NO MORE KNEE PAIN!

"I had trouble with knee pain after martial arts and squats. It would follow me for days. After practicing the exercises at LSTC, my knee pain subsided and I no longer have to worry about the next day. I learned which muscles needed attention and what program would help them balance out!" ~ **Peter L.**



### I CAN GO UP AND DOWN STAIRS!

"I'm doing so much better! I can go up the stairs (and down!) with almost no pain! Big improvement! When I came in I was unable to sit upright without experiencing utter pain. Life is great!" ~ **Deb P.**



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 **Loudoun Sports Therapy Center**  
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## Outpatient Physical Therapy Specializing in:

- \* Lower Back Pain \* Neck Pain \* Sciatica \*
- \* Hip Problems \* Shoulder Pain \* Bursitis \*
- \* Tendonitis \* Frozen Shoulder
- \* Joint Pain and Replacements \* Foot and Ankle Pain \*
- \* Plantar Fasciitis \* Knee Problems
- \* Arthritis \* Muscle Pains \* Sprains \*
- \* Strains \* Hand, Wrist, and Elbow Problems \*
- \* Sports Injuries \*
- \* Sports Performance Program \* Ergonomics
- \* Runners Program \* Other Conditions