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How PT Helps Chronic Headaches and Migraines

NESTOR



NEWSLETTER

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How PT Helps Chronic Headaches and Migraines

Have you noticed pain on one side of your head? Do you have tension in the neck that radiates up and leaves you with a nagging headache? There are many different types of headaches and various causes for each of them. Fortunately, the therapists at Nestor Physical Therapy know how to figure out where your headaches are coming from and the quickest way to get rid of them!

If you live with chronic headaches or migraines, myofascial release can help you find relief.

Myofascial release is a manual, hands-on treatment that helps with pain relief by easing the tension in your muscles. It is performed by a physical therapist and focuses on specific pressure points to bring the myofascial back to its elastic form.

Every headache requires a different approach to resolving them, which is why attempting to treat every headache you experience with the same treatment or the same medication doesn't work. Fortunately, at Nestor Physical Therapy, our therapists will skillfully address your individual needs.

Give our office a call today, set up a consultation, and discuss how our treatment services could benefit you!

HOW MYOFASCIAL RELEASE CAN HELP YOU FIND RELIEF

If you live with headaches or migraines, you know how painful and debilitating they can be. Attacks are usually characterized by painful throbbing or pulsing on one side of the head, which can also be accompanied by changes in vision, nausea, vomiting, sensitivity to light, or sensitivity to sound.

When the muscles around your neck become tight, your mobility of the affected area becomes restricted, and any movements you make can result in pain. Myofascial release reverses this sensation by loosening up the constricted space, thus promoting more effortless mobility and less pain.

This targeted form of treatment has been known to relieve the pain of chronic headaches and migraines by massaging the tightened muscles around the head and neck and promoting a quicker healing process.

These manual techniques help reduce pain and keep the head and neck moving. They also help chronic headaches, and migraine sufferers sleep better and experience attacks less frequently.

Don't Let This Season Be A Headache

HOW PHYSICAL THERAPY USES MYOFASCIAL RELEASE IN YOUR PLAN

Your therapist will perform a thorough assessment to identify the type of headache you are experiencing and the specific treatments that will be the most beneficial. The main emphasis of physical therapy is giving you the tools to manage your pain.

We will educate you on the most effective exercises and postures to complement our hands-on interventions. Our goals include:

- Reduce pain quickly through myofascial release and other manual therapy techniques
- Reduce pain with postural education and targeted movements/exercises
- Minimize the risk of recurring pain through strengthening exercises and behavioral changes
- Minimize the use of medication or surgery to eliminate pain

Manual therapies, including myofascial techniques, effectively reduce pain. However, when combined with targeted stretches, the results improve even more! Our therapists will identify specific stretches to alleviate pain and restore your motion. In addition, we will educate you on the movements and positions that are provoking your pain.

Next, our therapists will educate you on preventing future episodes through regular exercise. It's important to address issues when they begin so that they do not worsen over time.

Too often, people wait until they have severe headaches. Typically the longer you wait, the more challenging it is to reduce your pain. Regular manual sessions can reduce and may even prevent future episodes.

CALL TODAY TO SCHEDULE AN APPOINTMENT

If you are experiencing neck pain and/or chronic headaches and you think you could benefit from myofascial release, give our office a call today.

Scheduling an appointment is the first step in getting a new treatment added to your plan and finding relief for your debilitating aches and pains.

At Nestor Physical Therapy, our physical therapists will provide you with a thorough evaluation to determine the best ways in which our treatment methods will benefit you. We understand how inhibiting pain and stiffness can be, and we want to help get you back to comfortably living your life!

Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5994516/>

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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6134706/>



Who Do You Know That Needs Our Help This Winter?

Refer a Friend

Do You Have Friends or Family Unable to Do The Following?

- 🌀 Move without pain
- 🕒 Bend and move freely
- ⚓ Balance confidently and securely
- 🚗 Sit for long periods comfortably
- 🚶 Walk for long distances
- 🌞 Live an active and healthy lifestyle

If you answered "yes" to any of these, please call us today at **401-284-9145**



Patient Success Spotlights



"I'm getting way less headaches since I started doing the exercises and stretching."

"I started PT on my neck because of constant headaches. Dr. Nestor thought if we worked on the muscles in my neck then it would help relieve some of my headaches and he was right. I'm getting way less headaches since I started doing the exercises and stretching." -**Joyce Daigle**



"I'm finally to a point where stretches relieve the pain and I'm good to go!"

"I came in with neck pain and a tingling sensation radiating down my left arm. There were times I could not sleep and woke up with headaches. Bending over would trigger the tingling sensation and my left arm weakened when lifting up objects past my shoulder. After treatment and exercises, I am doing so much better. My arm strength is coming back. I'm finally to a point where stretches relieve the pain and I'm good to go! Thank you Dr. Nestor & Dave!" -**Joyce Fortier**

How To Approach A New Year's Resolution

1. Consider Your Intentions. The most common resolutions are to lose weight, spend less money, and get organized. Those are all valuable and healthy practices. But why are they your intentions? Do you want to feel better about your body? Know that you won't need to worry about money for retirement? Honoring the personal meaning behind an action helps us maintain our resolve.

2. Focus on Process, Not Results. Don't focus on a result, with no identification of a process for how to get there. Intensely focusing on results paradoxically makes us less likely to achieve them. Instead of focusing on "losing 10 pounds," try focusing on going for walks or eating healthy salads for lunch.

3. Consider Resolution Alternatives. If the pressure of New Year's Resolutions is too much, consider a few alternative ways to set your intentions for the upcoming year:

- Make a Vision Board: A vision board compiles images that represent what you want for yourself in the upcoming year. It's a great way to have a visual reminder of your intentions.

- Choose a Word of the Year: Many people have embraced the trend of choosing a word for the year – like breathe, trust, dance, fly – that encapsulates the feelings, attitudes, and behaviors they desire in the year ahead. This word can guide your choices and actions – instead of setting firm expectations for yourself, you can ask if a particular behavior aligns with your word and your intentions.

Grilled Shrimp With A Kick!



Here is a quick and easy recipe for shrimp. Shrimp is perfect as an appetizer, main dish, or part of a surf and turf dinner.

I was recently sent a sampling of rubs and sauces to trial from a barbecue company. I tried their sauces and rubs on a combination of foods, but this is one of my favorites. I normally make my own rubs and sauces, but using store bought are a fantastic way to enhance the flavor of your food.

Using spice rubs and sauces is an easy way to add flavor to the food you are cooking. Many amateurs or home cooks under-season their food and do not think to taste their food as they are cooking it. I prefer to keep seasoning simple when I can. I don't want the seasonings, rub, brine, or sauce to mask the natural flavor of the food. They should complement the food, not overpower it.

My go-to seasoning is simply kosher salt and freshly cracked black pepper. But there are times when I want or need to incorporate more flavor. I keep premade rubs and sauces on hand. Premade rubs and sauces are quick and easy to use and are fantastic when you run out of your own spice rubs and sauces.

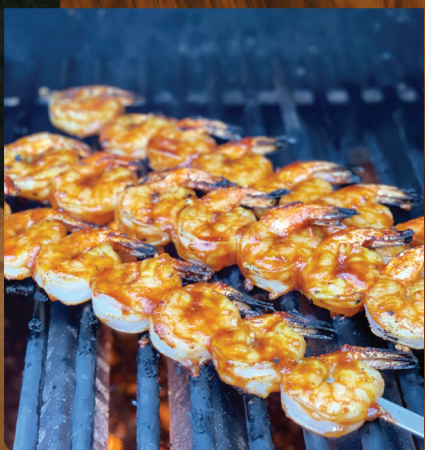
To make this dish, I selected large peeled and deveined shrimp. They're more expensive but save time. To prepare the shrimp, I lightly oiled the shrimp and threaded them on flat metal skewers. The flat skewers keep your food from spinning when you try to move it on the grill. To season the shrimp, I selected a rub labeled "zesty".

I heated my gas grill to high to cook the shrimp. The gas grill is perfect for making a quick weeknight meal or a quick appetizer. I also placed a saucepan on the side burner to warm up the "spicy" barbecue sauce. (I didn't want to baste the shrimp with cold sauce.)

The shrimp cooked for one minute on each side, then I applied the spicy barbecue sauce and cooked the shrimp for an additional minute on each side. I removed the shrimp from the grill and slid them off the skewers. Be careful as the metal skewers will be hot. Serve immediately.

Place the shrimp on a platter and you have a great appetizer. Or serve the grilled shrimp with grilled vegetables and/or rice for a healthy main dish. The shrimp can also be paired with a steak for a classic surf and turf dinner.

The zesty rub provided a "pop" of flavor without being spicy. It was light and fresh and didn't overpower the sweet and tender shrimp. The spicy barbecue added another layer of flavor to the shrimp and complemented the natural sweetness of the shrimp. The spicy sauce delivered a kick, but the heat didn't linger. Try your favorite rub and sauce to kick your grilled shrimp. Enjoy!



3 Health Tips For The Holiday Season

How busy are you this holiday season? At Nestor Physical Therapy we understand that this time can be both joyful and hectic. In the midst of it all, it can feel easy to let your health slip through the cracks.

Are you concerned about maintaining your health this winter, but are feeling overwhelmed or don't know where to start? If so, check out these 3 tips for staying fit during the holidays.

1. Make sure you're getting enough sleep

With everything that goes on during December and January, it's understandable to search for more time in the day. Sacrificing your sleep, however, will end up doing you more harm than good.

Sleep is how the body recovers and recharges. Poor sleeping habits are linked to an increased risk of heart disease, reduced cognition, and mood shifts. Aim to get 7-8 hours a night, every night.

2. Stay active

Exercise supports both your mental and physical health and is an integral part of a healthy lifestyle. The great thing about exercising is that there's certainly no shortage of ways to get active!

From going down to the park with your kids, walking around the neighborhood, biking, doing yoga, or hitting the gym, there are many ways to make exercising fit into your busy lifestyle.

3. Don't skip meals

With big Christmas lunches and dinners to look forward to, it can sometimes be tempting to eat less food during the day to save room for later. However, this can actually encourage you to make less healthy choices and have an unbalanced diet.

Eating one big meal a day can also increase your blood pressure and cholesterol. Instead, try to eat regular meals with servings of lean protein, fruits, and vegetables.



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FREE PAIN CONSULTATION



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Expires: 12/31/22

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HAPPY NEW YEAR!



Countdown
Confetti
Midnight
Balloons

Celebration
Fireworks
January
Happy

New Year
Clock
Cheers
Goals

Party Poppers
Noisemaker
Resolution
Sparklers

