

Peak MSK Views

~ A Musculoskeletal Physiotherapy Brief ~

PEAK MSK PHYSIOTHERAPY
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PEAK MSK
NEWS

ONLINE BOOKINGS AVAILABLE NOW!

- Book online via our website or on Facebook

Appointment summary

| | |
|--------------|--|
| Location | Peak MSK Physiotherapy Suite 4, 544 Hampton Street Hampton 3188 |
| Service | |
| Practitioner | |
| Date | |
| Time | |

SATURDAY APPOINTMENTS

- Av Kumar now practises on Saturday morning at our clinic
- Call or book online now!

Q I have a headache now. Should I wait before seeing you?

A We can still help sufferers even if they are experiencing headache symptoms. Often this is preferable as the positive impact of the techniques can be substantial.

Q Is it painful or does it have any side effects?

A Usually some local tenderness may occur post treatment, but it is minor and short lasting. We thoroughly educate people what to expect and reassure them that there is no 'cracking' of joints involved.

HEADACHE & MIGRAINE

Musculoskeletal headaches can be referred from the upper neck joints, the jaw or from the neck and shoulder muscles. Alternatively migraine and tension type headache are thought to be caused by problems elsewhere, such as temporary blood vessel changes, brain chemical (neurotransmitter) deficiencies, hormone levels or brain overactivity.

The biology of headache is complex and subject to much debate amongst researchers. However, combined physiotherapy and medical research efforts are showing that sufferers of migraine and tension type headache also display changes in muscles and joints.^{1,2,3} Studying the physiology of what makes these headaches different is showing some aspects of each that are actually the same.^{4,5} The brainstem, a part of the nerve system with connections to the neck joints, when sensitised may become the common aspect to neck and headache pain.

Jayce has studied under Dean Watson, an expert musculoskeletal physiotherapist who developed and researched his approach to treatment of headache sufferers including migraine and tension type headache. The results have been excellent and Jayce incorporates the approach Dean developed into managing headache. If you, or someone you know suffers headaches please let them know that we can offer help.

Key Points

- Some headache types appear to share common symptoms and biology linked to brainstem sensitivity.
- Physiotherapy techniques can induce changes in activity of the nervous system that reduce symptoms. For some patients this may be a benefit.
- We are ready to assist head pain patients sufferers, including those presenting with a unilateral headache that swaps sides, possibly even during an attack.



1. Florencio, LL et al. *Headache*, (2015).
2. Watson DH and Drummond PD, *Headache*, no. 52 (2012): 1226-1625
3. Watson DH and Drummond PD, *Headache*, no. 54 (2014): 1035- 1045
4. Von Pierkartz H, *Manuelle Therapie*, no. 18 (2014): 134-143
5. Tajti J, Szok D, Párdutz Á, Tuka B, Csáti A, Kuris A, Toldi J, and Vécsei L, *J Neural Transm*, no. 119 (2012) 557-568