

TOP 3 REASONS FOR TENSION HEADACHES & MIGRAINES

Are you suffering from frequent tension headaches and migraines and don't know why, or what to do about them? Unfortunately, it can be quite a tricky diagnosis to make, and sometimes a difficult thing to treat because of the numerous root causes that first need to be uncovered, in order to start the right type of treatment to solve a tension headache or migraine problem for the long term. But the good news is, it is treatable!

I will go over the top three reasons for tension headaches and migraines, which will give you a good starting point to discover what might be causing your tension headaches and migraines, so you have a starting point to start solving your headache and migraine problem.

The number one reason is muscle weakness.

There are tons of muscles that come off the neck and go to the shoulders. There are also tons of muscles in the front of the neck that help with swallowing, movement of your head, looking up and down, and all around. But there are some deep muscles to all those other muscles, the throat muscles, the movement muscles, we call them the deep neck flexors, and those oftentimes are weak. And they're weak for a variety of reasons.

When we help patients strengthen those muscles, most of the time, their headache or migraine symptoms begin to diminish, and eventually they get under control to where they're not having to take a pain medication every day or whenever they get a migraine or headache to deal with it.



The second most common reason for tension headaches and migraines is neck stiffness.

This is also related to the strength issue. If you take a moment to turn your head in each direction, all the way like you're looking over your shoulder, as far as you can go and just assess how far you can go, and then think about how your neck feels as well. If it feels stiffer to one side versus the other, than most likely you have a neck stiffness problem. If you are experiencing neck stiffness, most likely there are nerves that are being mildly compressed which causes headaches or even migraines.

The third reason is poor posture.

This can be related to a desk job or not, today in our American culture, we have got screens everywhere. We're probably attached to screens, whether it's a mobile device, a phone, a tablet, a computer, a TV, movie screen, there are all kinds of screens around us all the time. And as a result of that, we're fixated on a screen for a while. Which often causes people to have not the best posture as they are often hunched over, or bending their head forward to look at their screens.

And that carries over into our everyday conversations with other people. The way we sit and have a meal, it just the posture becomes our norm or default. And if it's not very good, it can promote muscle weakness in the neck, the neck stiffness, and nerves being pinched, which causes the frequent headaches and migraines. In some cases, if it continues for some time, it can even become a chronic condition of very frequent headaches and migraines that interferes with life, work, and your overall well-being.

Common Client Concerns

"Will I need neck surgery?"

"I'm a side sleeper, but I can't lie on my side too long because my shoulder wakes me up..."

"I've tried so many different pillows and my neck still hurts..."

"I'm losing sleep every night because I can't get comfortable with my neck and shoulder problem..."

"I have painful knots in my shoulders every day that make me miserable..."

"Is it possible for this to get better without surgery?"

"I have to take pain medication because my neck and shoulders are burning at the end of every day."

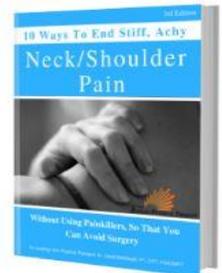
"Do I have a pinched nerve in my neck?"



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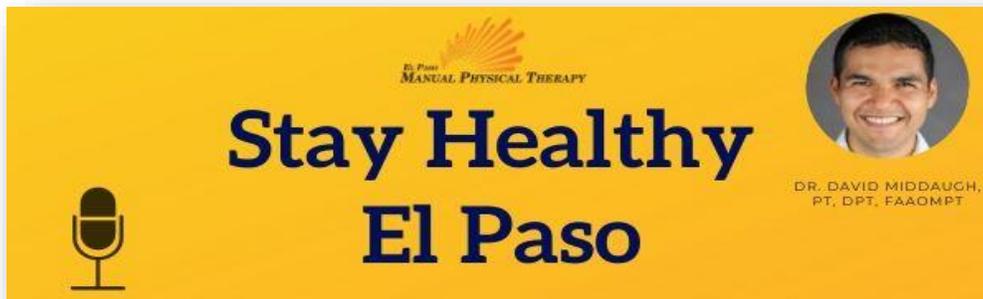
If you have tried different things to ease your headache or migraine problem, and nothing seems to be working the way that you hoped, you might need some extra help from a manual therapist. The way that a manual physical therapist can help you, is by freeing up those stiff joints in the neck and giving you specifics on exactly which exercises you need to be doing to strengthen your upper body.

Sometimes there are other causes in the upper spine such as shoulder blade issues, that can cause headaches and migraines. Sometimes, you might get pain or discomfort going down the arm, all the way into the hand. Numbness and tingling can happen. Some people think they have carpal tunnel problems.

Those are all situations where it's a little bit more than just a tension headache and migraine. And getting some professional help can make an immense difference in clearing up this problem so that you're not suffering day to day and having to take pain medications to make it through the day.

If you are thinking of hiring us to help you with your headache or migraine problem, the quickest way to begin that process is by giving us a call at 915-503-1314 and start the conversation so you can start your recovery journey.

To schedule Your Free Discovery Session, Contact Us Today!



The Stay Health El Paso Podcast latest episodes:

Episode 26: The Most Important Exercise For Knee Cartilage Repair

Oftentimes people with knee cartilage problems run into achiness, crunching, grinding and stiffness in their knee. They're having trouble going up and down steps, getting out of bed first thing in the morning is extremely painful and stiff for some of these people.

Episode 27: Important Exercise Tips You Must Know When Repairing A Knee Cartilage Problem

Knee cartilage problems often cause achiness, pain, crunching sensations, grinding sensations, those types of knee cartilage problems are completely fixable. In this episode I'll be talking about the three most important exercise tips when repairing knee cartilage problems.

Episode 29: What You Should Know About Degenerative Disc Disease

Are you dealing with lower back pain and you think that it might be degenerative disc disease? Have you had an X-ray or an MRI, and have been told by a physician that you have degenerative disc disease? In this episode I give you some insights into what Degenerative Disc Disease is, and how you can know if that is what you have.

Episode 30: Common Causes For Tension Headaches & Migraines

Are you suffering from frequent tension headaches and migraines? Have you wondered what is causing these types of headaches, and most of all, what you can do to ease the pain and discomfort? If you have any of these types of headaches or migraines, then this episode will give you more clarity as I'll share with you the top eight reasons for tension headaches and migraines.

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Ground Turkey Enchilada Stir-Fry with Couscous

Directions:

Pour 1/2 cup of water into a small saucepan and bring to a boil over high heat. Pour the couscous into the saucepan and stir well. Turn off the heat, cover and let stand 5 minutes. Fluff with a fork and set aside.

Meanwhile, in a large skillet, cook the ground turkey over medium heat, breaking it up with a wooden spoon, until cooked through and browned, about 5 minutes. Sprinkle with some salt and pepper. Transfer to a bowl and set aside. Drain the excess fat and wipe the pan clean. Heat the oil in the same pan over high heat, then add the squash and cook, stirring occasionally, until browned and softened, 8 to 10 minutes. Add the broccoli and cook, 3 to 5 minutes more. Add the turkey, beans, enchilada sauce and salsa and stir until all the ingredients are well combined.

Serve with the couscous and top with suggested toppings as desired.

Source: Foodnetwork.com

Ingredients:

- ✓ 1/2 cup whole wheat couscous
- ✓ 1 pound lean ground turkey
- ✓ Salt and freshly ground black pepper
- ✓ 1 teaspoon olive oil
- ✓ 2 cups butternut squash, peeled, seeded and diced
- ✓ 1 cup broccoli florets
- ✓ One 15-ounce can no-sodium-added black beans
- ✓ One 10-ounce can enchilada sauce
- ✓ 1/2 cup salsa
- ✓ Suggested toppings: chopped fresh cilantro, diced avocado, shredded cheese, lime juice

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When your loved one gets in touch with us, and mentions YOUR NAME, we'll make sure you get into this raffle.



Here are the rules for the raffle:

- We'll enter 1 ticket on your behalf, if you can give your loved one a nudge to get in touch with us and mention YOUR NAME.
- You'll get 5 more tickets when they come to their first visit with us.
- You'll get 5 tickets if they decide to get a massage with us
- If they start treatment with us, you'll get 10 more tickets.
- Anyone can join the raffle.
- No limit on the number of people you can put in touch with us.

**The lucky winner will be drawn on
Friday, October 30, 2020**

Contact Us

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