ROCKY MOUNTAIN PHYSICAL THERAPY

NEWSLETTER

Helping You Move Through Life Pain-Free!



HOW PHYSICAL THERAPY CAN HELP YOUR

CLUSTER HEADACHES

Do you wake up at night with excruciating headaches? Do you have pain behind one eye that seems to intensify quickly? You may be experiencing a cluster headache. At Rocky Mountain Physical Therapy, our therapists will help you figure out the source of your headaches and, more importantly, how to find relief from them.

Cluster headaches are a specific type of chronic headache. They are often short-lived but intense headaches that occur every day for weeks. Most cluster attacks occur at night; however, they can occur at any point, sometimes multiple times throughout the day. They get their name because they appear in patterns or "clusters" at the same time every year, such as in the spring or fall.

If you've been living with nagging headaches, you will benefit from a consultation with one of our experienced physical therapists. Contact Rocky Mountain Physical Therapy today to schedule an appointment and let us help you figure out precisely what type of headache is plaguing you. We'll help you learn how to resolve it once and for all!

What causes a cluster headache?

Any pain that occurs within the head can be referred to as a headache. Most headaches will resolve independently without medical intervention; however, severe or recurrent headaches that interfere with one's quality of life should most certainly be evaluated further.

The challenge lies in identifying which type of headache you're experiencing and then devising a treatment plan accordingly. Cluster headaches, which occur in cyclical patterns or cluster periods, are one of the most painful types of headaches. A cluster headache typically wakes a person up in the middle of the night with intense pain in or around one eye on one side of their head.

While some headaches have specific triggers, such as hormonal changes, stress, or tension, cluster headaches typically do not. The most common factor associated with cluster headaches are:

Age - Most people who develop cluster headaches are between 20-50 years old.

Gender - Males are more likely to develop cluster headaches than females.

Smoking - A large number of people who experience cluster headaches are smokers.

Alcohol - Alcohol use can aggravate or even trigger a cluster attack.

Family history - Those who have family members with cluster headaches are more likely to develop them themselves.

Visit Us Online www.rockymtnpt.com or Call Today!

HOW PHYSICAL THERAPY CAN RELIEVE CLUSTER HEADACHES



Physical therapy isn't typically someone's first thought when they have a headache. Most of the time, the typical reaction is to take some form of pain-relieving medication. If you suffer from cluster headaches, pain relief drugs will not provide you with the same long-term relief as physical therapy.

Physical therapy can be a very effective remedy for cluster headaches. It is a safe and effective option for decreasing their frequency, pain intensity levels, and duration.

The first step of physical therapy is determining the underlying cause. One of our therapists will conduct a comprehensive evaluation to determine the type of headache you have.

Our physical therapists are experienced in treating most musculoskeletal problems, including headaches and other disorders related to the condition. We will use targeted manual therapy, postural education, and specific stretches to alleviate your pain.

Often recommendations to change positions from standing to sitting to reclining can provide relief, calm the pain down, and allow you to regain your ability to function at home. In addition to the therapeutic recommendations, some lifestyle changes can minimize how often you experience cluster headaches. Your physical therapist may suggest lifestyle changes including:

- Increasing exercise and physical activity (but avoid exercising in hot weather)
- Cutting out alcohol and/or cigarettes
- Avoiding specific medications which can cause blood vessels to dilate and trigger cluster headaches
- Stress relief techniques, as well as learning how to avoid stressful situations that may trigger your headaches
- Creating a consistent sleep schedule
- Implementing a more nutritious diet

We can help get to the root of your problem and figure out what factors are causing your cluster headaches so we can treat them accordingly.

Call to schedule an appointment

If you have been dealing with persistent, ongoing headaches that you believe may be cluster headaches, don't hesitate to contact our office today.

At Rocky Mountain Physical Therapy, we will help you figure out the cause of your headaches and provide an effective, safe and natural treatment plan for eliminating the pain!

Sources: https://www.physio-pedia.com/Cluster_Headaches
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6468612/
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8222635/

ROCKY MOUNTAIN PHYSICAL THERAPY

CENTRAL FORT COLLINS
1307 E. Prospect Rd. Suite 120
Fort Collins, CO 80525
Phone: (970) 660-6766

LOVELAND
289 E. 29th St.
Loveland, CO 80538
Phone: (970) 436-4496

WINDSOR
1159 Main St. Suite A
Windsor, CO 80550
Phone: (970) 579-7689

JOHNSTOWN
111 S. West First St. Unit A
Johnstown, CO 80534
Phone: (970) 510-8261

BROOMFIELD
16677 Lowell Blvd, Unit 101 Broomfield, CO 80023
Phone: (720) 637-1131

GREELEY (PEDIATRIC)
1931 65th Avenue, Suite C
Greeley, CO 80634
Phone: (970) 510-8275

WINDSOR (PEDIATRIC)
4650 Royal Vista Circle
Suite 100
Windsor, CO 80528
Phone: (970) 510-8212

GREELEY
6200 W. 9th St. Unit 5
Greeley, CO 80634
Phone: (970) 436-4617

SOUTH FORT COLLINS
2121 E. Harmony Rd., Building A1
Suite 310
Fort Collins, CO 80528
Phone: (970) 510-8262

Visit Us Online www.rockymtnpt.com or Call Today!

FREE PAIN CONSULTATION

ROCKY MOUNTAIN PHYSICAL THERAPY

CALL A CLINIC NEAREST YOU TO SCHEDULE TODAY!

Spots are limited, call today!

Call to schedule.
Expires 01-23-23

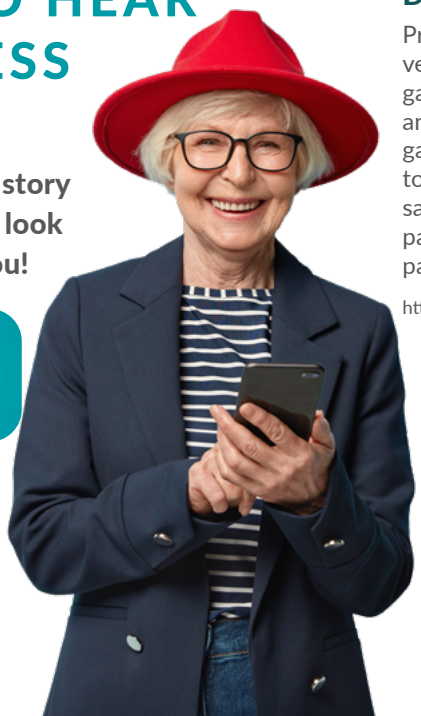
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WE WANT TO HEAR YOUR SUCCESS STORY!

Click below to tell your PT story and leave your review. We look forward to hearing from you!

REVIEWS



www.rockymtnpt.com

EXERCISE ESSENTIALS

SEATED NECK FLEXION AROM

Try this movement to relieve your neck pain.

Start by sitting upright in a chair. Slowly bend your head forward as far as you can. Bring your head back up. Repeat 3 sets, 10 reps each.



PT WIRED
www.ptwired.com

Always consult your physical therapist or physician before starting exercises you are unsure of doing.

HEALTHY RECIPE

GARLIC WHOLE WHEAT PASTA

Ingredients



- 8 oz whole wheat spaghetti
- ½ cup vegetable stock
- 5 cloves garlic (minced)
- ½ tsp red pepper flakes
- ¼ cup parsley/basil (coarsely chopped)
- Vegan Parmesan Cheese (optional)

Directions

Prepare whole wheat pasta according to package directions. Add vegetable stock to a large sauté pan on medium-high heat. Add garlic and crushed red pepper flakes. Cook until garlic softens and becomes fragrant, about 8 minutes. Stir frequently so that garlic doesn't burn. Add pasta and ¼ cup of reserved pasta water to the sauté pan. Toss together until combined. Add parsley and salt and pepper to taste. If pasta seems too dry add a little more pasta water. Sprinkle with red pepper flakes and optional vegan parmesan cheese.

https://www.keepingthepeas.com/lazy-vegan-recipes/

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