

GREAT MINDS CURE HEADACHES

The Sinus Center at Northern Lights Clinic

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A RECENT CHART REVIEW OF NLC'S SINUS CENTER PATIENTS WITH FACIAL PAIN, EAR PAIN, TMJ, NECK PAIN, AND HEADACHES SHOWS THAT 63% HAD 100% RELIEF AND OVER 80% OF THE PATIENTS RECEIVED AT LEAST 50% RELIEF. THESE TREATMENTS WERE USUALLY COMPLETED IN TWO WEEKS AND LESS THAN 5 VISITS.

Headaches have a wide variety of causes including:

- Muscle tension
- Joint restrictions
- Eye strain
- TMJ
- Decreased muscle endurance
- Sinusitis
- Myofascial imbalances
- Trigger points
- Posture
- Repetitive movements
- Nerve tissue irritation, inflammation
- Cranial/facial asymmetries
- Vascular dysfunctions
- Other precipitating factors include stress, emotional stress, certain foods, side effects of medication, odors, menstrual periods, past surgeries, and weather changes

A headache is a condition of pain in the head, face, neck, or upper back. They're more prevalent than the common cold and 90% of us will experience headaches of varying intensity and form each year.

At the Sinus Center at Northern Lights Clinic, we see many patients suffering from headaches and pain. They come to the Sinus Center after seeing their primary doctor, neurologists or another ENT with little relief. Often their symptoms have been with them for years. They may or may not have had a history of sinus disease and after physical exams, blood work, CT scans, MRIs and/or multiple medications; they still have no answers and little relief from their symptoms.

At the Sinus Center at Northern Lights Clinic, we offer the latest diagnostic technology to get to the root of your pain as part of our comprehensive approach. After ruling out significant findings like sinus blockage, structural abnormalities, allergies, or other more serious findings we don't stop where other ear nose and throat doctors do. Northern Lights Clinic is the only Sinus Center in Wisconsin with a Physical Therapy department specifically geared toward the treatment of head and neck pain.

In the Northern Lights Clinic Physical Therapy department, our therapists work with you by reviewing tests already performed; taking a past medical history of your headache symptoms, completing palpation, or performing various hands-on movement and positional tests in the clinic. Once the underlying root of the problem is identified, specific treatments can be administered to assist the individual in a recovery from their headaches.

Treatment often consist of various forms of hands on manual therapy, including joint mobilization, myofascial release, trigger point release, cranial sacral therapy as well as postural correction, traction, modalities, vestibular rehabilitation, stretching, strengthening, nerve/dural flossing, and instruction in home exercises.

Our results speak for themselves...a recent chart review of Sinus Center patients with facial pain, ear pain, TMJ, neck pain, and headaches showed that 63% of patients received 100% relief and over 80% received at least 50% relief. These treatments are usually completed in two weeks and we find that most patients are better in fewer than five visits.

If you are suffering from what you think might be a sinus headaches or have not received relief from pain of the head, jaw, and neck, our therapists with osteopathic training, myofascial release training, trigger point release, and certification with cranial sacral therapy can assist most individuals with headaches.

Call us today.