



PHYSIOCARE
BODY MANAGEMENT

Physiotherapy makes chronic headaches melt away

Stuart Bendall from Reading had suffered with severe headaches for over three years. After many visits to the GP, various tests and sinus operations to alleviate symptoms, Stuart was reaching desperation as nothing seemed to improve his condition. On one visit to the GP, Stuart mentioned the feeling of tightness and cramps in his neck associated with the headaches, particularly first thing in the morning. The GP suggested visiting Physiocare in Twyford, which at first seemed like a long-shot, not only because Stuart could not see how physiotherapy could improve headaches, but also because he had suffered such severe symptoms for so long.

On visiting Physiocare for the first time, Stuart was pleasantly surprised at how quickly the source of pain was identified by chartered Physiotherapist Jackie Montgomery. "Jackie quickly found areas of tightness in my spine and also the muscles of my shoulders and neck. I was amazed to realise that these could be the source of my chronic, painful headaches that had for so many years caused discomfort," said Stuart.

Stuart embarked on a programme of manipulation and exercise to correct postural imbalances, some of which had been caused by excessive time sat in front of the computer. "I am much more aware of my posture now," he said. "I make a real effort to correct myself and am continuing to work on strengthening those areas that were weakened by poor posture."

Elizabeth Jones, practice owner at Physiocare, commented: "We treat a significant number of patients for conditions that are not traditionally associated with physiotherapy as a remedy. Headaches are a classic example; people always think the worst and look for conditions such as sinusitis, infection or other more sinister explanations. The fact is that tightness in just one area of the spine or neck muscles can cause enough imbalance to put strain on other areas of neck and head, leading to strain and headache.

"Of course every case is unique; that is why we carry out a thorough assessment before identifying any treatment or therapy."

About Physiocare

Physiocare is an established physiotherapy clinic with extended services covering three core areas: physiotherapy; fitness; and wellbeing. These three areas together provide what we call Total Body Management, supporting a more integrated approach to looking after our bodies and our wellbeing. Initially established in 1991 as a pure physiotherapy practice, the practice has grown to two sites in Earley and Twyford and offers a wide range of physiotherapy services, gym membership and special courses, including Pilates, and an array of face and body treatments and massage therapy. For further information visit www.physiocare.co.uk or call 0118 934 4055.

