



EASE YOUR HEADACHE
THE **NATURAL** WAY



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DISCOVER HOW PHYSICAL THERAPY CAN HELP!

Did you know that physical therapy can be a game-changer for those suffering from cervicogenic headaches? Yes, those nagging headaches that start in your neck and creep up into your head can be eased with the help of our physical therapists!

Cervicogenic headaches come from problems in your neck, and that's where our physical therapist steps in. We'll get to the root cause, whether it's tight muscles, stiff neck joints, or the way you sit or stand.

Once they know the cause, our therapists use hands-on techniques to loosen up those tight spots and get your neck moving better. They might use gentle stretching, massage, or special exercises. It's not just about easing the pain right now; it's about teaching your body to move in ways that keep the pain from coming back.

At Element Physical Therapy, our physical therapy programs aren't just about fixing injuries; it's about helping your body work its best. For those who didn't know, physical therapists can definitely help with headaches. So, if you're tired of those headaches, give our physical therapists a try. It could be just what you need to feel better and get back to enjoying life headache-free!

NECK PAIN TO HEADACHE: UNCOVERING THE CAUSES AND SIGNS OF CERVICOGENIC HEADACHES

Cervicogenic headaches are common headaches that originate in the neck and are triggered by neck problems. Common culprits include:

- Poor posture
- Neck injuries like whiplash
- Wear and tear in the neck joints due to age

You're at a higher risk if you spend hours hunched over a computer or smartphone. Sports that jolt the neck, like football or even a minor car accident, can set the stage for these headaches.

Unlike migraines that often come with nausea or light sensitivity, cervicogenic headaches usually start with neck pain. This pain then travels up to the back of your head, sometimes reaching the forehead or area around the eyes.

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It's typically felt on one side and can be triggered by certain neck movements or positions. Stiffness in the neck, pain when pressing on certain spots in the neck or base of the skull, and sometimes a reduced range of motion in the neck are tell-tale signs.

If you're experiencing these symptoms, it's a sign that your neck might be the culprit. Understanding these causes and symptoms is crucial because treating a cervicogenic headache is different from tackling a migraine or tension headache. It's all about getting to the root of the problem — in this case, the neck!

TARGETING THE SOURCE: HOW PHYSICAL THERAPY TACKLES CERVICOGENIC HEADACHES

Physical therapy at Element Physical Therapy plays a crucial role in managing cervicogenic headaches. Our approach is particularly effective as it targets the root cause of the pain. Our therapists will start with a comprehensive evaluation, including your medical history, history of headaches, and a thorough physical examination.

Our team will use the most effective treatments to help you resolve your pain and teach you the tools you'll need to prevent future episodes. Our programs typically include:

- **Manual Therapy:** This involves hands-on techniques, where the therapist manipulates and mobilizes the neck and shoulder regions. It reduces stiffness, improves range of motion, and decreases pain in cervicogenic headaches.
- **Targeted Stretches:** These are specific stretching exercises focused on the neck and upper back muscles. They aim to relieve tension and improve mobility in these areas, thus helping to reduce the intensity and frequency of headaches originating from the neck.
- **Strengthening Exercises:** These exercises focus on building the strength of the neck, shoulder, and upper back muscles. Strengthening these areas can provide better support to the neck, improve posture, and reduce the stress on cervical spine structures.



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- **Postural Corrections:** Postural training involves teaching patients how to maintain proper neck and spine alignment, especially during daily activities.

Our therapy programs also play a vital role in long-term management and help significantly reduce headache frequency and intensity and improve neck function and overall quality of life.

You will notice less stiffness and greater ease in neck movement, along with reducing or eliminating the headaches altogether. The key to maintaining these improvements is continuing to do the exercises and techniques learned during therapy sessions and integrating them into daily routines to ensure long-term benefits and prevent future cervicogenic headaches.

**TIRED OF HEADACHES?
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APPLE, GOAT CHEESE, AND PECAN PIZZA



INGREDIENTS

- 1 lb six-grain pizza crust
- Cooking spray
- 3 cups thinly sliced Fuji apple
- 1 cup crumbled goat cheese
- 2 tsp chopped fresh thyme
- 1 tbsp extra-virgin olive oil
- 2 tsp Dijon mustard
- 1 tsp fresh lemon juice
- 1 ½ tsp honey
- 2 cups baby arugula
- 3 tbsps chopped pecans, toasted

DIRECTIONS Preheat oven to 450°. Place pizza crust on a baking sheet coated with cooking spray. Arrange apple slices evenly over pizza crust; top with cheese. Sprinkle thyme evenly over cheese. Bake at 450° for 8 minutes or until cheese melts and begins to brown. Combine oil and next 3 ingredients (through honey) in a medium bowl, stirring with a whisk. Add arugula; toss gently to coat. Sprinkle pecans evenly over pizza; top with arugula mixture. Cut pizza into 6 wedges.

Call Element Physical Therapy Today or visit our website at elementpt.com to schedule your consultation today!

PATIENT SUCCESS

“We cannot thank the therapists enough for the incredible job they have done. Highly recommend for balance and pain relief. My husband has Parkinson’s and the help with his balance has been incredible. Anyone with Parkinson’s must schedule an appointment and learn techniques to help. 10 out of 10!”

—Kim K.

[Click Here to Share Your Success Story](#)

STAFF SPOTLIGHT

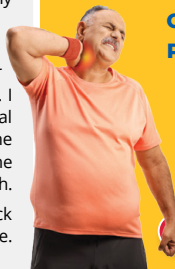


HOLLY CARLSMITH
Physical Therapist

My name is Holly Carlsmith, and I was born and raised in Montana. I am from the frontier town of Trout Creek, MT, where I grew up on a ranch of rescued animals. I attended the University of Montana where I received my Bachelor of Science in Integrative Physiology. Directly after completing my undergraduate degree at the University of Montana, I attended the University of Pittsburgh for my Doctor of Physical Therapy.

As I completed my Doctor of Physical Therapy in Pittsburgh, I grew a passion for working in neurorehabilitation after observing the impact on patients’ and their families’ lives. I am also passionate about vestibular and orthopedic physical therapy after my educational and clinical experiences in the fields. I believe that the combination of my passions allows me to provide individualized care with a biopsychosocial approach.

In my free time, I enjoy weightlifting, skiing, hiking, horseback riding, golfing, and spending time with our cats, Ruby and Rose.



A NOTE FROM AMY

Does Stress Cause Headaches? Kind of!



Hello friends,

Have you ever gotten a headache after feeling stressed or tense? It’s happened to me a few times, so I know where you’re coming from!

However, stress headaches don’t usually develop from the stress in and of itself but rather from the way stress makes you tense up your muscles, especially those in your neck and shoulders. That tightness can then cause neck pain and tension headaches.

Fortunately, we’re to help loosen up your muscles—and loosen up you! In addition to the techniques we use to relieve headaches, we can show you simple relaxation exercises to help manage stress so you don’t tense up your muscles and wind up with a headache.

Give us a call to learn more.

All the best,

Amy Downing,
PT, Owner, Emory Certified Vestibular Specialist

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COME BACK TO PT!

STOP THE PAIN!

Come Back to Element Physical Therapy today to start enjoying your life pain-free!

Call (406) 220-5362

Request an Appointment



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STAFF SPOTLIGHT

HOLLY
CARLSMITH
PT



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