



HEADACHES AND NECK PAIN

Most people agree that headaches are among the worst pains of all. Not only can they be disabling, they can often be associated with nausea, blurred vision, dizziness and even vomiting.

Ground breaking research has been released at an international conference of experts in the treatment of spinal injuries recently held in Perth. This research sheds new light on **the most effective treatment of headaches.**

A significant number of headaches actually originate from the neck. Research conducted at centres around Australia over the last two years has conclusively proven that **significant pain relief** can be gained through specific physiotherapy treatment.

The research showed that low-grade specialized exercises, and specific treatment provided by a physiotherapist, **provided significant benefits** for headache sufferers.

The research also showed that many headache sufferers report **less pain** in the neck - despite the fact that the neck is the source of the problem.

Those patients who received specific mobilisations and low grade exercises from a physiotherapist not only showed significant improvements in their headaches and neck pain these improvements lasted many months.

Moreover, the vast majority of sufferers did not have a significant return of their symptoms.

