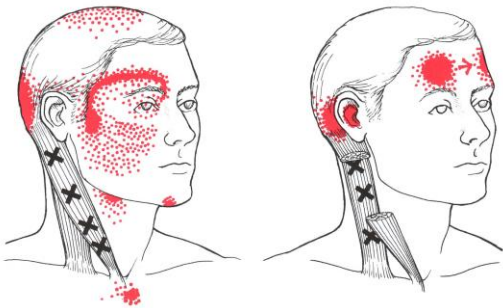


HEADACHES AND NECK PAIN

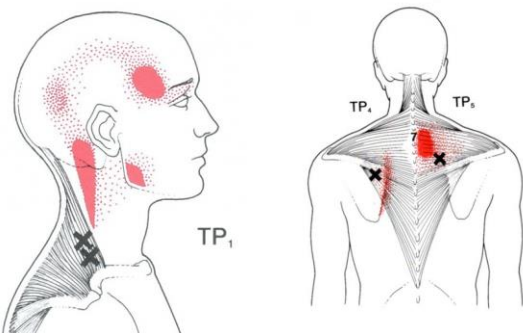
Many people live their daily lives in pain suffering from headaches and neck pain. They may even suffer for 10 – 30 years before seeking intervention. Headaches and neck pain can easily be treated.

Cervical headaches react exceptionally well to the Maitland mobilisations and Myofascial release treatments. Headaches often originate from C0 – C3 vertebrae. There are also specific muscles that contribute largely to severe headaches including:

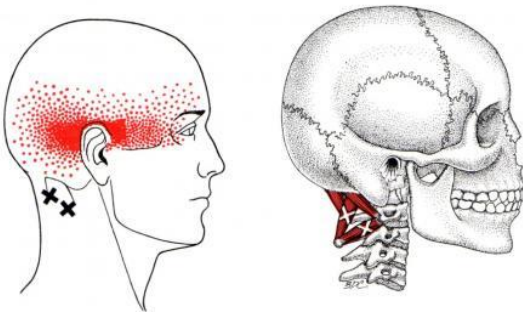
Sternocleidomastoid



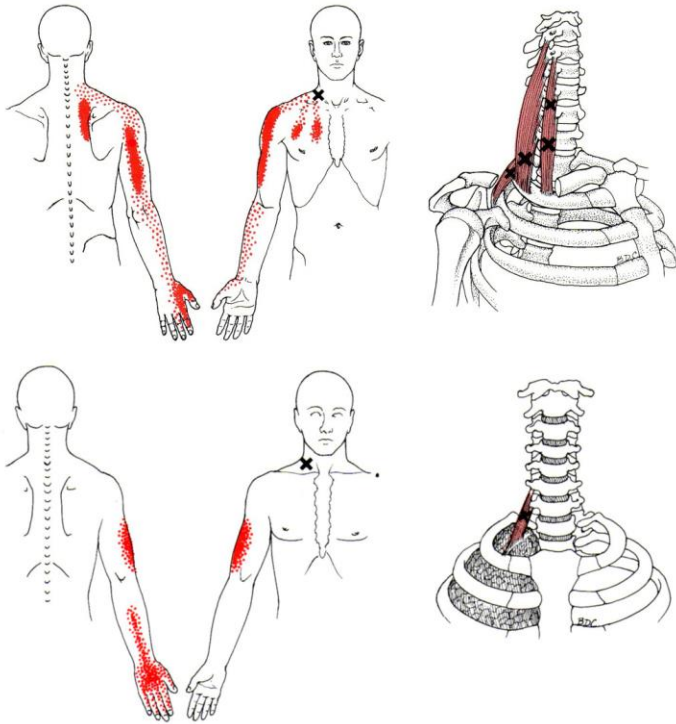
Trapezius



Suboccipital



Scaleni muscles



Neck pain is often thought of as caused by tension at work or home. This is however not true! Neck pain can be improved and treated by making a few ergonomic adjustments in the workplace as well as at home, like adjusting your position in front of your computer; adjusting your chair and changing the way you sleep and read a book.