

HOW PT HELPS **CHRONIC** HEADACHES & MIGRAINES

DISCOVER THE RELIEF
THAT YOU DESERVE



Healthy Recipe:
Pumpkin Soup

Staff Spotlight:
Adam Hunt

Patient
Success Story

INSIDE:

• HEALTHY RECIPE:
PUMPKIN SOUP

• STAFF SPOTLIGHT:
ADAM HUNT

• PATIENT
SUCCESS STORY

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A MESSAGE FROM DR. CHRISTIAN, DPT **Cervicogenic Headache and Migraine Pain.**

The anatomy of our head, neck, and upper back is a vastly complex network of muscles, vertebrae, blood vessels, and nerves that all work together to support our head and neck. If a certain body part begins acting up, then another structure must work twice as hard to maintain function for the rest of the body. Over time, certain compensations may appear, potentially creating muscle tightness and joint stiffness around the head and neck. When this happens, headaches and migraines may soon follow.

Migraines and chronic headaches can happen for many reasons, including stiffness at certain joint levels of the neck and spine, shortened and tight muscles that sit on the back of your head and upper spine, and even weakness of

the muscles that surround the front of your neck. Since there are many blood vessels and nerves surrounding your head and neck, maintaining good blood flow to the brain is crucial to deter headache pain. If the muscles surrounding these vessels that provide blood flow are shortened and/or stiff, then headaches can certainly rear their ugly head!

A trained Physical Therapist will assess and seek out the root cause of these symptoms and correct the problem leading to the headache pain through several treatment techniques; manual therapy to relieve stubborn muscle stiffness, joint mobilizations to improve nerve gliding and increase blood flow to the brain, as well as strengthening of weak muscles surrounding the head and neck to improve overall posture and keep inflammation away. If you are missing out on life because of debilitating headaches and migraines, schedule a visit with us at Joint Restoration Center!

PUT YOUR HEADACHES IN THE PAST!

Have you noticed pain on one side of your head? Do you have tension in the neck that radiates up and leaves you with a nagging headache? There are many different types of headaches and various causes for each of them. Fortunately, the therapists at Joint Restoration Center know how to figure out where your headaches are coming from and the quickest way to get rid of them!

If you live with chronic headaches or migraines, myofascial release can help you find relief.

Myofascial release is a manual, hands-on treatment that helps with pain relief by easing the tension in your muscles. It is performed by a physical therapist and focuses on specific pressure points to bring the myofascial back to its elastic form.

Every headache requires a different approach to resolving them, which is why attempting to treat every headache you experience with the same treatment or the same medication doesn't work. Fortunately, at Joint Restoration Center, our therapists will skillfully address your individual needs.

Give our office a call today, set up a consultation, and discuss how our treatment services could benefit you!

HOW MYOFASCIAL RELEASE CAN HELP YOU FIND RELIEF

If you live with headaches or migraines, you know how painful and debilitating they can be. Attacks are usually characterized by painful throbbing or pulsing on one side of the head, which can also be accompanied by changes in vision, nausea, vomiting, sensitivity to light, or sensitivity to sound.

When the muscles around your neck become tight, your mobility of the affected area becomes restricted, and any movements you make can result in pain. Myofascial release reverses this sensation by loosening up the constricted space, thus promoting more effortless mobility and less pain.

This targeted form of treatment has been known to relieve the pain of chronic headaches and migraines by massaging the tightened muscles around the head and neck and promoting a quicker healing process.

These manual techniques help reduce pain and keep the head and neck moving. They also help chronic headaches, and migraine sufferers sleep better and experience attacks less frequently.

HOW PHYSICAL THERAPY USES MYOFASCIAL RELEASE IN YOUR PLAN

Your therapist will perform a thorough assessment to identify the type of headache you are experiencing and the specific treatments that will be the most beneficial. The main emphasis of physical therapy is giving you the tools to manage your pain.

We will educate you on the most effective exercises and postures to complement our hands-on interventions. Our goals include:

- Reduce pain quickly through myofascial release and other manual therapy techniques
- Reduce pain with postural education and targeted movements/exercises
- Minimize the risk of recurring pain through strengthening exercises and behavioral changes
- Minimize the use of medication or surgery to eliminate pain

Manual therapies, including myofascial techniques, effectively reduce pain. However, when combined with targeted stretches, the results improve even more! Our therapists will identify specific stretches to alleviate pain and restore your motion. In addition, we will educate you on the movements and positions that are provoking your pain.

Next, our therapists will educate you on preventing future episodes through regular exercise. It's important to address issues when they begin so that they do not worsen over time.

Too often, people wait until they have severe headaches. Typically the longer you wait, the more challenging it is to reduce your pain. Regular manual sessions can reduce and may even prevent future episodes.

CALL TODAY TO SCHEDULE AN APPOINTMENT

If you are experiencing neck pain and/or chronic headaches and you think you could benefit from myofascial release, give our office a call today.

Scheduling an appointment is the first step in getting a new treatment added to your plan and finding relief for your debilitating aches and pains.

At Joint Restoration Center, our physical therapists will provide you with a thorough evaluation to determine the best ways in which our treatment methods will benefit you. We understand how inhibiting pain and stiffness can be, and we want to help get you back to comfortably living your life!



STAFF Spotlight

Adam Hunt
Patient Care Coordinator

Adam has been a Patient Care Coordinator for the past several years. His role is to ensure patients receive the care and follow-up they need to maintain optimal treatment benefits. With a background in education, he enjoys teaching patients about their conditions and treatment options. He enjoys developing relationships with patients and watching them progress in their goals.

Outside of work, Adam spends his time with his wife, Marissa, and their three children, Nolan, Daniel, and Gemma. As a family, they enjoy camping and other outdoor activities.

HEALTHY RECIPE: PUMPKIN SOUP



- 6 cups vegetable stock
- 1 ½ tsp salt
- 4 cups pumpkin puree
- 1 tsp chopped fresh parsley
- 1 cup chopped onion
- ½ tsp chopped fresh thyme
- 1 clove garlic, minced
- ½ cup heavy whipping cream
- 2 tsp black pepper

Heat stock, salt, pumpkin, onion, thyme, garlic, and peppercorns. Bring to a boil, reduce heat to low, and simmer for 30 minutes uncovered. Puree the soup in small batches (1 cup at a time) using a food processor or blender. Return to pan, and bring to a boil again. Reduce heat to low, and simmer for another 30 minutes, uncovered. Stir in heavy cream. Pour into soup bowls and garnish with fresh parsley.

PLATELET-RICH PLASMA (PRP) INJECTIONS

If a damaged or injured tendon fails to heal with rest and physical therapy, your healthcare provider may recommend injecting platelet-rich plasma (PRP). Many experts believe that the natural healing properties found in platelets and plasma facilitate healing and repair in damaged tendons.

PRP AS PART OF A COMPREHENSIVE TREATMENT PLAN

PRP injections are recommended as part of a multi-faceted rehabilitation treatment plan that may include:

- Viscosupplementation (gel injections)
- The Advanced Arthritis Relief Protocol
- Rest from painful activities
- Strengthening, especially eccentric exercises
- Stretching
- Cold or heat therapy (applying cold-packs or hot-packs)
- Electrical muscle stimulation (also known as EMS or Electromyostimulation)

AVOID KNEE REPLACEMENT *with* AARP

The Advanced Arthritis Relief Protocol™ (AARP) is a non-surgical, FDA-approved treatment for osteoarthritis pain that is covered by Medicare and most commercial insurances. It combines gel injections, physical therapy, bracing, and expert guidance. It is an excellent alternative to knee replacement surgery, helping to delay or even prevent the need for total knee replacement. The AARP combines these powerful techniques:

- **Viscosupplementation.** Gel-like substances are injected into a joint to supplement your natural synovial fluid, resulting in a 92.7% success rate in alleviating osteoarthritis pain.

- **Fluoroscopy.** We look inside your joints in real time, helping ensure the injection is in the correct location for the best results.
- **Physical Therapy.** We combine personalized PT programs with a cutting-edge unloading knee brace.

FREE CONSULTATION. Start your journey towards a pain-free life by contacting us today for a free, personalized knee evaluation!

Watch our **FREE WEBINAR** to learn more about The Advanced Arthritis Relief Protocol. Scan the QR code to view.



DON'T IGNORE YOUR PAIN. COME BACK TO JRC!



Patient Success Story

“I have been coming to Joint Restoration Center on 81st in Tulsa, OK for a few weeks and can highly recommend them for their professionalism, care and good results! I am so pleased to be pain-free again!”

— Cindy M.



We want to hear *YOUR* success story!

Leave a review for our practice and help us connect with the community! Visit <https://i.lead.me/bd91rm> or scan the QR code to leave us a Google review!



Has Your Pain Returned?

Call today to schedule an appointment!

918.205.2608

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