

NEWSLETTER



Ease Your Headache the Natural Way

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 Peak To Shore, 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!

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. 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!

CLICK HERE TO GET ON OUR SCHEDULE & TO START HEALING TODAY!

How Physical Therapy Tackles Cervicogenic Headaches

TARGETING THE SOURCE

Physical therapy at Peak To Shore 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



JULIA ROTH | CRAIGLEITH

Have you heard?! There is a NEW CLINIC that has recently opened in early 2024 at the Craigleith Ski Club's South lodge - and will remain OPEN all year round! The clinic is for ANYONE - not just for Craigleith members, and appointments are usually available on the day of request! Why not book into Craigleith

TODAY and see one of our newest members to the Peak to the Shore Team - Julia Roth! Get to know Julia and her interests and background below!

Julia's passion for physiotherapy stemmed from experiencing various injuries and rehabilitation first hand as a Canadian National Alpine Ski racer. How fitting for her to be now working within a Ski Club! After two knee surgeries and countless other injuries, Julia decided to hang up her skis and study, completing her Bachelor of Science in Kinesiology from University of Western Ontario in 2018. She then went on to become a strength and conditioning coach for Canadian national winter Olympic athletes at the Canadian Sport Institute. This was where her passion for physiotherapy and a focus on injury prevention and return to sport safely and effectively continued to flourish.

She graduated from Robert Gordon University in Scotland in 2020 as the top student within the MSc. in Physiotherapy program. She then went on to work within the National Health Service in the UK. During this time she completed rotations

muscles. Strengthening these areas can provide better support to the neck, improve posture, and reduce the stress on cervical spine structures.

- **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.

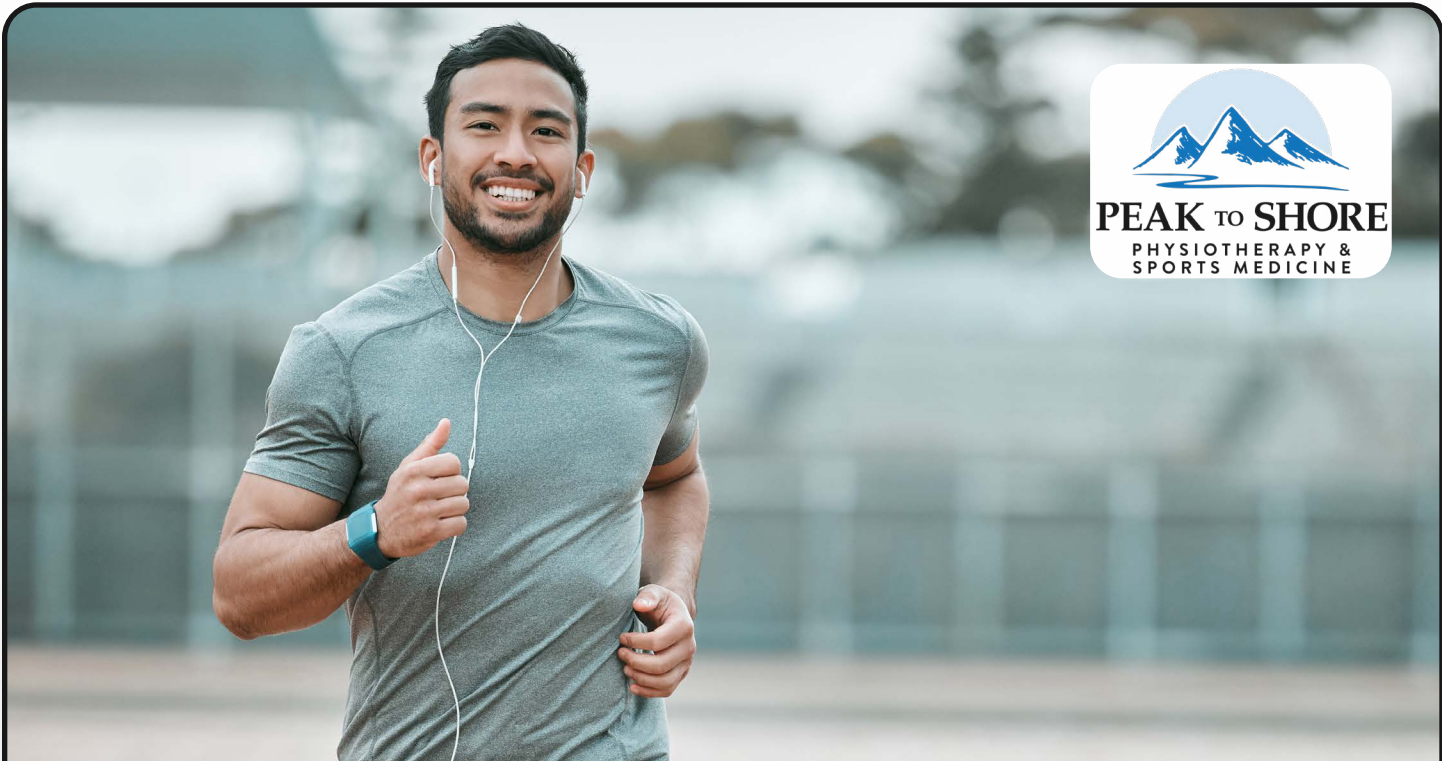
WE CAN HELP YOU GET TO THE BOTTOM OF YOUR PAIN. CLICK HERE TO GET ON OUR SCHEDULE TODAY.

within Orthopaedics, Community, Cardiorespiratory, General surgery and Musculoskeletal rehabilitation. With a passion for combining her knowledge and skills with her strength and conditioning background, she specialized in musculoskeletal physiotherapy and practiced two years in private practice in Scotland. These experiences have thus allowed her to take on a wide variety of patients within Peak to Shore - and upon request she can provide home visits and/or respiratory physiotherapy.

Having played a variety of sports growing up in the local area including alpine and cross country skiing (as a proud member of Devils Glen), soccer, tennis and golf, she is passionate about using 'exercise as medicine' to help others reach their full potential. She incorporates alternative treatments such as sports massage, mobilisations, and various electro-therapy techniques to her functional approach- always putting her patients' goals and needs at the forefront of her treatment sessions. She is trained in physio-led Pilates, allowing her to provide individualized and functional therapeutic exercise programs for rehab and long-term prevention of spinal and joint related pain.

As an 'adrenaline junky' you can find her trying to run her fastest 5-20km on the local trails, wake-surfing, paddleboarding, waterskiing or mountain biking, or pushing herself in the gym during her strength-based workouts.

To book in with Julia, call Collingwood 705.446.2551 or the Craigleith Office 705.351.4006, OR inquire online for the Craigleith Peak to Shore Physiotherapy Clinic!



Discover the Power of Manual Therapy for Headache Relief

Manual therapy is a cornerstone treatment in physical therapy for cervicogenic headaches. This approach involves hands-on techniques targeting the neck and upper back muscles, joints, and soft tissues.

Let's dive into how these techniques work and their specific benefits.

- **Soft Tissue Mobilization:** This technique focuses on the muscles and surrounding tissues. Our therapists use their hands to massage, stretch, and apply pressure to the soft tissues in the neck and upper back. This helps to release muscle tension, improve blood circulation, and reduce pain. It's particularly effective for patients with tight muscles contributing to their headaches.
- **Joint Mobilization:** This technique involves our therapists moving your neck joints through their natural range of motion. This mobilization helps to loosen stiff joints, improve flexibility, and reduce pain.

- **Trigger Point Therapy:** Trigger points are tender, tight spots in the muscle. Our skilled therapists apply direct pressure to these points to release tension in the neck and shoulder region.
- **Cervical Traction:** In this technique, therapists gently stretch the neck to decompress the cervical spine, relieving pressure on the nerves to reduce headache pain.

These manual therapy techniques are often combined with other interventions like targeted stretches and strengthening exercises for a comprehensive approach. Our goal is to alleviate your headache symptoms and address the underlying neck issues causing them.

If you've been struggling with neck pain and headaches, remember that manual therapy can offer significant relief and may be the key to stopping cervicogenic headaches!

Did You Know?

WE CAN ALSO TREAT:

- Arthritis
- Hip Injuries
- Chronic Pain
- Knee/Ankle Injuries
- Muscle/Tendon Injuries
- Shoulder/Elbow Injuries
- Sports Injuries
- Sprains
- Vertigo
- And more!

[Georgian Bay Location](#)
1 First Street Unit 102
Collingwood, ON L9Y 1A1
705.446.2551

[Stayner Location](#)
7460 County Rd. 91 Unit 3
Stayner, ON L0M 1S0
705.446.2551

[Wasaga Location](#)
102 - 14 Ramblewood Dr.
Wasaga Beach, ON L9Z 0C4
705.446.2551

[Craigleith Location](#)
164 Craigleith Rd., The Blue
Mountains, ON L9Y 0S4
705.351.4006