



**PUT THOSE CLUSTER
HEADACHES BEHIND
YOU AND START
ENJOYING YOUR
LIFE AGAIN!**

**6 NUTRITION TIPS FOR
A HEALTHY SUMMER**

See Inside

- *Exercise Essentials*
- *Patient Success Story*
- *Sudoku*



STOP THE MADNESS! FIND RELIEF FROM YOUR **CLUSTER HEADACHES** WITH PHYSICAL THERAPY

BPT
NO DOCTOR REFERRAL
NECESSARY TO SEEK
PHYSICAL THERAPY
DETAILS INSIDE

Do you wake up at night with excruciating headaches? Do you have pain behind one eye that seems to intensify quickly? You may be experiencing a cluster headache. At Breckenridge Physical Therapy, our therapist will help you figure out the source of your headaches and, more importantly, how to find relief from them.

Cluster headaches are a specific type of chronic headache. They are often short-lived but intense headaches that occur every day for weeks. Most cluster attacks occur at night; however, they can occur at any point, sometimes multiple times throughout the day. They get their name because they appear in patterns or “clusters” at the same time every year, such as in the spring or fall.

If you’ve been living with nagging headaches, you will benefit from a consultation with one of our experienced physical therapists. Contact Breckenridge Physical Therapy today to schedule a and let us help you figure out precisely what type of headache is plaguing you. We’ll help you learn how to resolve it once and for all!

WHAT CAUSES A CLUSTER HEADACHE?

Any pain that occurs within the head can be referred to as a headache. Most headaches will resolve independently without medical intervention; however, severe or recurrent headaches that interfere with one’s quality of life should most certainly be evaluated further.

The challenge lies in identifying which type of headache you’re experiencing and then devising a treatment plan accordingly.

Cluster headaches, which occur in cyclical patterns or cluster periods, are one of the most painful types of headaches. A cluster headache typically wakes a person up in the middle of the night with intense pain in or around one eye on one side of their head.

While some headaches have specific triggers, such as hormonal changes, stress, or tension, cluster headaches typically do not. The most common factor associated with cluster headaches are:

- **Age** — Most people who develop cluster headaches are between 20-50 years old.
- **Gender** — Males are more likely to develop cluster headaches than females.
- **Smoking** — A large number of people who experience cluster headaches are smokers.
- **Alcohol** — Alcohol use can aggravate or even trigger a cluster attack.
- **Family history** — Those who have family members with cluster headaches are more likely to develop them themselves.

HOW PHYSICAL THERAPY CAN RELIEVE CLUSTER HEADACHES

Physical therapy isn’t typically someone’s first thought when they have a headache. Most of the time, the typical reaction is to take some form of pain-relieving medication. If you suffer from cluster headaches, pain relief drugs will not provide you with the same long-term relief as physical therapy.

(Continued inside)

FIND RELIEF FROM YOUR CLUSTER HEADACHES

(Continued from outside)

Physical therapy can be a very effective remedy for cluster headaches. It is a safe and effective option for decreasing their frequency, pain intensity levels, and duration.

The first step of physical therapy is determining the underlying cause. Our therapist will conduct a comprehensive evaluation to determine the type of headache you have.

Our physical therapists are experienced in treating most musculoskeletal problems, including headaches and other disorders related to the condition. We will use targeted manual therapy, postural education, and specific stretches to alleviate your pain.

Often recommendations to change positions from standing to sitting to reclining can provide relief to calm the pain down and allow you to regain your ability to function at home.

In addition to the therapeutic recommendations, some lifestyle changes can minimize how often you experience cluster headaches. Your physical therapist may suggest lifestyle changes including:

- Increasing exercise and physical activity (but avoid exercising in hot weather)
- Cutting out alcohol and/or cigarettes
- Avoiding specific medications which can cause blood vessels to dilate and trigger cluster headaches
- Stress relief techniques, as well as learning how to avoid stressful situations that may trigger your headaches
- Creating a consistent sleep schedule
- Implementing a more nutritious diet

We can help get to the root of your problem and figure out what factors are causing your cluster headaches so we can treat them accordingly.

If you have been dealing with persistent, ongoing headaches that you believe may be cluster headaches, don't hesitate to contact our office today. At Breckenridge Physical Therapy, we will help you figure out the cause of your headaches and provide an effective, safe and natural treatment plan for eliminating the pain!

Are you ready to relieve your cluster headaches!

Call 970.364.6601 Today!



6 NUTRITION TIPS FOR A HEALTHY SUMMER



Your diet affects many aspects of your well-being including your immune system, bone health, muscle function, inflammation, and pain. Conditions including heart disease and diabetes are also impacted by dietary intake in both development as well as management. In summer, it can be difficult to keep good nutrition at the forefront of your mind, especially with barbecues and cookouts popping up everywhere you look! Here are 6 nutrition tips to help you maintain a healthy diet this season:

1. Swap out snacks for fruits and vegetables

Every day, it is recommended that you consume at least 5 portions of a variety of fruits and vegetables. If this sounds challenging, remember that fresh, frozen, canned, dried, or even juiced fruits and veggies are all options.

2. Replace steak with fish

Fish is a great source of protein and contains many vitamins and minerals. You should try to incorporate at least 2 servings of fish in your diet every week.

3. Lessen your saturated fat intake

Did you know that too much saturated fat can raise your blood cholesterol levels, increasing your risk of developing heart disease? Examples of food high in saturated fat include fatty cuts of meat, sausages, butter, hard cheeses, cream, cakes and biscuits.

4. Cut down on sugary drinks

With the hot weather, it can be almost instinctive to reach for a cold soda out of the cooler. However, drinks high in sugar content can contribute to obesity and tooth decay. Try opting for a cool refreshing glass of water instead, or a tasty fruit smoothie!

5. Make sure you're drinking enough water

Proper hydration is always important, but it becomes even more so during those hot summer months. It's recommended that you drink around 6 to 8 glasses of water a day.

6. Don't forget breakfast

A healthy breakfast should be a part of your daily routine. Eating breakfast sets the tone for your day and gives you the energy you need to make it to lunch!

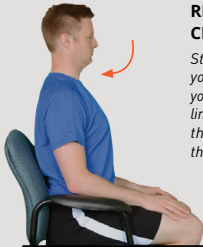
We hope these tips will help you navigate this season and prioritize your health this summer!



Call Breckenridge Physical Therapy at 970.364.6601, or visit our website at breckenridgephysicaltherapy.com to schedule your appointment today!

Exercise Essentials

Helps relieve neck pain.



RETRACTION / CHIN TUCK

Start in a seated position with your back straight. Slowly draw your head back so that your ears line up with your shoulders. Hold this position for 10 seconds, then release.



Always consult your physical therapist or physician before starting exercises you are unsure of doing.

Contact Breckenridge Physical Therapy today at **970.364.6601** for headache relief!

Sudoku

Level: Medium

	1	8		4	2			5	
2				7	5				1
				1	8	6			
		4	6	3	7	5			
		3	4	9					
4				2	9				7
	5		1	6		9	3		

1sudoku.com

No Doctor Referral Necessary To Seek Physical Therapy

Whether you want to come in for a check-up, suffered a recent injury or if you want to improve your health, a doctor's referral is not needed. In the state of Colorado, you have direct access to physical therapy!

Save time



Save money



Improve your health naturally

PATIENT SUCCESS STORIES

“DR. JUSTIN AND HIS TEAM GOT ME OUT OF PAIN AND SAVED MY CAREER!”

“Dr. Justin and his team got me out of pain and saved my career! I work as a dentist and I was having a lot of pain in my back and hip, it got so bad I was in pain everyday. I needed to do something and I decided to call this office because I saw that it was the only office in Summit that wasn't a franchise. Dr. Justin has the experience to see exactly what needs to be done to get your body back in balance. I have been pain free for 6 months now and I never have to go back to chronic pain! Thank you for giving me my life back!” — **Paul R.**

Give This Coupon To A Friend Or Loved One!

BRECKENRIDGE **BPT** PHYSICAL THERAPY

Refer a Friend!

To _____

From _____

Do you know anyone that needs our help?

- ✓ Move without pain
- ✓ Sit for long periods comfortably
- ✓ Bend and move freely
- ✓ Walk for long distances
- ✓ Balance confidently & securely
- ✓ Live an active & healthy life

Call us at 970.364.6601 or visit breckenridgephysicaltherapy.com



WANT TO LEARN MORE ABOUT RELIEVING HEADACHES?

COME BACK TO PT!

Contact Breckenridge Physical Therapy today and start living pain-free again!

970.364.6601

BRECKENRIDGE



PHYSICAL THERAPY

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***Do You Know Anyone
That Needs Our Help?
Refer-A-Friend Today!***

*Call us to schedule an
appointment today!*

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