

REQUEST AN APPOINTMENT



# RELIEVE YOUR CHRONIC HEADACHES & MIGRAINES WITH PHYSICAL THERAPY

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 Breckenridge Physical Therapy know how to figure out where your headaches are coming from and the quickest way to get rid of them!

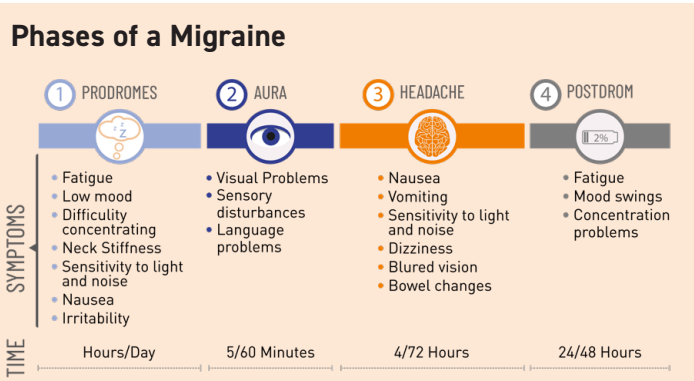
If you live with chronic headaches or migraines, myofascial release can help you find relief.

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 Breckenridge Physical Therapy, our therapists will skillfully address your individual needs.

### 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 headache and migraine sufferers sleep better and experience attacks less frequently.

*(Continued inside)*

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### 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

### 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!

manual sessions can reduce and may even prevent future episodes. 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 Breckenridge Physical Therapy, 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!**

**REQUEST AN APPOINTMENT**

### Give This Coupon To A Friend Or Loved One!

BRECKENRIDGE  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](http://breckenridgephysicaltherapy.com)

### Exercise Essentials

*This stretch can help to loosen up the tightness.*

#### SITTING CERVICAL SIDEBENDING RIGHT WITH OVERPRESSURE

Start by sitting upright in a chair with your low back supported. Tuck in the chin to straighten the neck. Place your right hand over the top of your head, with fingers pointed towards the ear. Keep your left hand on the back of the neck as support. Bend your neck to the right, allowing your right hand to assist you going deeper into the motion. Hold for 3 seconds.



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



Call Breckenridge Physical Therapy at **970.364.6601**, or visit our website at [breckenridgephysicaltherapy.com](http://breckenridgephysicaltherapy.com) to schedule your appointment today!

# A Reminder To... USE IT OR LOSE IT

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970.364.6601



Do you have a family insurance plan? Have you had surgery this year? Have you used your insurance more than usual? **If you answered YES, you are more likely to have a \$0 balance remaining on your out-of-pocket expenses.** This means the cost could be minimal or completely covered by your insurance plan.

**Let us help you get a head start going into 2024, before your deductible renews again! Go online or call today to schedule your appointment!**

## Sudoku

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

1sudoku.com

Level Hard

## Patient Success Stories

*"Elise is so well taught in her chosen professional field."*

"Elise is so well taught in her chosen professional field. She conveys this knowledge to her clients in such a way as to instill in them a deep understanding of how the therapy helps, what its function is toward improvement and the benefits of why continued therapy homework is essential for your body's enhanced functioning capabilities." —**Lynda L.**

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### 5-MINUTE EGG AND HUMMUS FLATBREAD



#### INGREDIENTS

- 1 tbsp hummus
- 1 whole grain wrap
- ¼ cup baby arugula
- ½ English cucumber, cut into matchsticks
- ½ cup cherry tomatoes, halved
- ⅛ cup Greek feta, crumbled
- 1 soft-boiled egg, peeled, halved
- 1 tbsp chopped fresh Italian parsley leaves

**DIRECTIONS** Spread the hummus over the wrap. Top with the arugula, cucumber, tomato, feta, egg and parsley. Season and serve.

Source: [www.taste.com.au/recipes/5-minute-egg-hummus-flatbread-recipe/gblv1m06](http://www.taste.com.au/recipes/5-minute-egg-hummus-flatbread-recipe/gblv1m06)



**WANT TO RELIEVE YOUR CLUSTER HEADACHES  
& MIGRAINES? GET STARTED NOW!**

## COME BACK TO PT!

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

970.364.6601