

DOMINION HEALTH & FITNESS Inc.

Physical Therapy

Physical Therapy is more than a treatment of an injury or illness. It is a process of treating each patient as an individual.

By considering the patient's emotional, as well as physical needs, we can better assist the patient toward full recovery.

PHYSICIAN REFERRAL

PATIENT'S NAME:

DIAGNOSIS:

PRECAUTIONS:

- Evaluate and Treat
- Lymphedema
- Post Treatment Cancer Care/Education
- Functional Conditioning
- Therapeutic Exercise
- Post-Mastectomy Therapy
- Modalities (TENS, E-stim.)
- Other: _____

COMMENTS:

FREQUENCY: _____ times per week for
_____ weeks

Signature: _____
(Physician signature)

Date: _____

Referrals are accepted from any physician.
A physician's order and diagnosis are
required for evaluation and treatment. We
accept most insurances including Medicare.

DHF

Headaches

*Outcome Based Therapy &
Wellness Close to Home*

Dominion Health & Fitness, Inc.

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Headaches

Did you know ?

- ◆ One in five children suffer from some form of headaches
- ◆ Girls are affected twice as often with headaches as are boys
- ◆ 80% of adults experience headaches in the last 12 months
- ◆ 65% of adults experience recurrent headaches
- ◆ Cervogenic (from the neck) headaches are one of the most frequent causes of headaches
- ◆ 70% of headaches are tension related

There are many different types of headache: tension, migraine, cluster and sinus. Causes may include but are not limited to:

Diet, stress, osteoarthritis, rheumatoid arthritis, vascular problems, trauma, cervical dysfunction, head trauma, sinus problems and dental and/or jaw problems.



Dominion Health & Fitness

has developed a comprehensive program to assist the headache sufferer in both reducing the pain associated with headaches as well as reducing the frequency of the headaches. Our licensed physical therapists specialize in addressing all aspects of headaches and the related causes and conditions including:

- ◆ **Posture**
- ◆ **Return strength and mobility to the neck**
- ◆ **Focus on segmental stabilizers to improve muscular control of the neck**
- ◆ **Reduce TMJ problems**
- ◆ **Improve neurological tissue irritation at the base of the skull**
- ◆ **Teach relaxation and stress management**
- ◆ **Refer for medical evaluation of non-mechanical causes of headaches.**

Physical therapy can be beneficial in helping to identify musculoskeletal causes of headaches and provide treatment for them. The priority of physical therapy would be to identify the cause of pain, whether it is abnormal spinal alignment, poor joint integrity, or decreased strength and/or range of motion. Increased muscle tone or muscle imbalances would also be evaluated as possible cause of headache symptoms.

Physical therapy treatments could include an exercise program to stretch shortened muscles and strengthen weak muscles. It is also important to educate patients on postural exercises, body mechanics and assess workplace ergonomics. Various modalities may also be used, such as: soft tissue mobilization, joint mobilizations, traction, E-stim, ultrasound, ice or heat. An overall exercise program may also be a component of treatment.

Recurrent Headache Risk Profile

Y/N	Poor Posture
Y/N	Previous Neck Injury
Y/N	Desk or Computer Job
Y/N	High Stress
Y/N	Difficulty with Anxiety or Depression
Y/N	Previous Headaches
Total Y's:	1-2 Low
	3 Moderate
	>3 High

Headaches are common in daily life, but that doesn't mean you should feel defenseless against them. It is important to see your doctor if you are experiencing frequent or severe headaches in order to rule out more serious causes such as stroke, brain tumor, vascular disorder, or meningitis, to name a few. If your doctor determines that your headaches are of cervical or musculoskeletal origin, physical therapy can be an effective means to gain control of your headaches.

