



AdvaCare Clinics: Headache Symptom Relief

If you're suffering from headaches, you're certainly not alone. Headaches affect just about everyone at some point. Headaches (this includes migraine, tension and cluster headaches) are one of the most prevalent and debilitating medical conditions in our society today and among the top 10 causes of disability with an impact similar to arthritis and diabetes and worse than asthma. By some estimates, forty-five million Americans suffer from chronic and recurring headaches.

Anyone who has experienced an intense headache for a day or even a few hours know that it can feel like trying to navigate the world in a vise. Almost every movement you make and thought you have seems impossible. Most people are inclined to take some sort of pain killer and call it a day. What they may not understand is that more than 90% of all these headaches occur because of referred pain from myofascial trigger points.

For example, if you have headaches, you are likely to have trigger points in your head, neck, and shoulder muscles that, when pressed, will refer pain to the areas where you normally feel your headaches... In all likelihood, trigger points in more than one muscle of the neck and head are causing overlapping referral patterns, so it is important to locate all of the trigger points involved.

Trigger point referred pain does not follow typical patterns and may feel like something else. Temporomandibular joint (TMJ) syndrome also may be myofascial in origin. Trigger points can also mimic many other problems so it can be difficult to diagnose. In many cases they actually begin to overshadow the original problem. Knowledge of referral patterns gives us a starting point of where to look for the trigger points that are actually causing the pain.

- Myofascial trigger points in the muscles of the scalp, jaw, neck, shoulders and upper back refer pain to the head and face. It causes pain in forehead, sinus, ear, and back of the head areas.
- Myofascial trigger points in the muscles under the back of the skull radiate pain to the back of the head, and around to the forehead. These trigger points cause tension headache and migraine headache.
- Myofascial trigger points in other muscles in the back of the neck cause a slightly different pain pattern. These pain patterns can overlap to some degree. The myofascial specialist understands this and will know these pain patterns and how to find your most active trigger points.

- Myofascial trigger points in the muscles of the scalp and forehead cause pain in other areas of the head. These pain patterns can also overlap to some degree.
- Almost all people with headaches have significant pain from myofascial trigger points in the muscles of their head, face, jaw and neck.

Many people with daily or severe disabling headaches have been everywhere and done everything in their search for relief. For these people, everything they've tried may have provided little or only temporary relief. Trigger point therapy is an option that can stop or greatly reduce the occurrence of headaches, even for the most difficult cases.

Common methods of trigger point therapy include trigger point injections, physical therapy, and chiropractic to help define and resolve this complex problem.

Trigger points can cause recurrent pain and inactivity, and can significantly lower your quality of life. Fortunately, the doctors at AdvaCare Clinic understand the burden of living with pain and are highly experienced in the treatment of pain syndromes.

Contact AdvaCare Clinic today at 952-835-6653. Schedule a consultation today to learn about the numerous interventions available to help

