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How Physical Therapy Can Help Your Cluster Headaches

Health & Wellness Newsletter

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 the Physical Therapy Center, 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 the Physical Therapy Center 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?

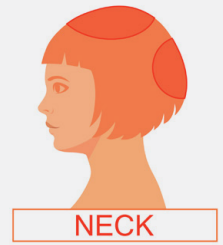
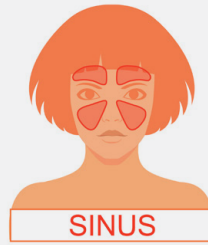
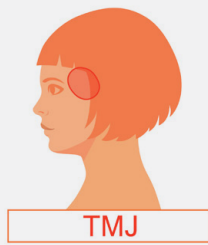
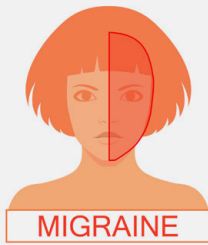
Any pain that occurs within the head can be referred to as a headache. Most headaches will resolve independently without medical intervention; however, severe or

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.



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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.

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.

Call To Schedule An Appointment

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 the Physical Therapy Center, we will help you figure out the cause of your headaches and provide an effective, safe and natural treatment plan for eliminating the pain!

Sources:
https://www.physio-pedia.com/Cluster_Headaches
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6468612/>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8222635/>

Check Out These Tips To Help You Stay Active & Healthy!



I had a great experience at the South End Physical Therapy center. The location is great and easy to get to. I worked with both Austin and Sam. They educated me on how to strengthen + use my body and helped me heal. They were friendly, encouraging, and informative. Highly recommended!

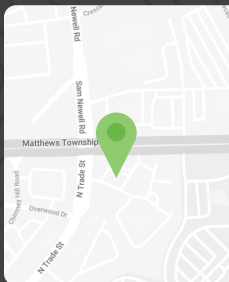
Google 5-Star Review

Have you been loving the Physical Therapy Center? Let us know by leaving us a review!
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Seated Neck Flexion Arom

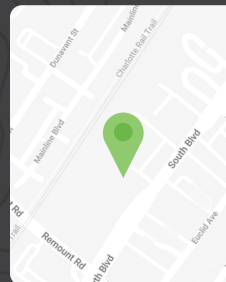
Start by sitting upright in a chair. Slowly bend your head forward as far as you can. Bring your head back up. Repeat 3 sets, 10 reps each.



Matthews Location

1352 Matthews Township Pkwy
Unit 102 - Matthews, NC 28105
(704) 610-1868

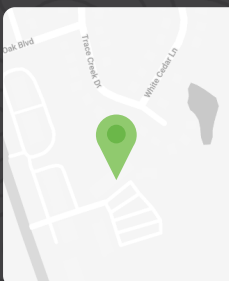
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South End Location

2400 South Blvd
Suite 203 - Charlotte, NC 28203
(980) 303-3991

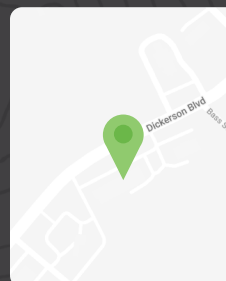
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Waxhaw Location

105 Waxhaw Professional Park Dr
Suite B - Waxhaw, NC 28173
(704) 459-4269

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Monroe Location

1730 Dickerson Blvd
Suite D - Monroe, NC 28110
(704) 459-3794

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Stop letting pain get in the way. Give us a call or visit physicaltherapycenter.org today!