

Physical Therapy

Definition



The art and science of eradicating or easing pain and improving bodily function by direct physical means, both hands-on and conservative modalities without the use of drugs.



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HEAD ACHE



Types of Headaches You Might Be Referred to a PT for:

- 1. Tension Headaches** affect both sides of the head, shoulders and neck. Symptoms may include a dull persistent pain and a feeling of pressure around the forehead. They are caused by dehydration, loud noises, airborne toxins, emotional or physical stress, and sitting with bad posture for long periods of time.
- 2. Migraine Headaches** usually affect only one side of the head. Symptoms may include a moderate to severe throbbing pain accompanied by nausea and sensitivity to light. Migraines may be caused by diets high in food additives such as MSG or sodium nitrate.
- 3. Cervical Headaches** are often misdiagnosed as migraines. The symptoms include those similar to the migraine, but the ache begins in the base of the skull and can move from place to place around the head. A cervical headache is caused by prolonged stress to the first three cervical joints of the neck.
- 4. Sinus Headaches** may occur when the sinuses are swollen. The symptoms appear as a gnawing pain behind or under the eyes. The sinuses may swell due to allergies, the flu or colds



Why Try PT First?

The goals of physical therapy are to restore flexibility, strength, and normal motion in the muscles and joints to allow better movement with out the stress that causes foot and ankle pain.

Physical therapists (PTs) are highly trained to identify the faulty moving components, caused by weak or tight muscles that can stop or change normal motion and cause pain. Using the wide array of treatments including ice, heat, hands on manual therapy, exercises and education your PT can help you to recover pain free movements.

As a result, you not only function better but have reduced pain and discomfort as well as the tools to prevent further injury and pain.

What Treatments Should You Expect?

- 1. Hands-On Manual Therapy Techniques** are very specialized techniques done by physical therapists using their hands in precise ways to relax muscles in spasm, lengthen tight muscles, and to restore balance in the area.
- 2. Exercises** will be used to aid your recovery. The goal is to improve your body's ability to hold onto the changes the therapy makes, to stabilize and support your head and make you strong and flexible so that you will be protected from further injury. Exercise will help you get back to a level of daily activity that restores your quality of life at home and at work.
- 3. Posture and/or Body Mechanics Education** will help you use safer positioning of your body during daily activities. This can not only aid your recovery but can help you prevent further injury.
- 4. Modalities** or the use of heat, cold, electricity etc. may be used to help decrease the pain you are experiencing, improve your circulation and/or help the muscles relax. This is usually done as a preparation for doing exercises or activities to improve strength and flexibility.



What Should You Expect at Your First PT Visit?

Paperwork: On your first visit to our clinic there will be some paperwork to complete regarding your medical history. This will enable the physical therapist to develop an appropriate treatment plan. Also insurance information will be collected at this time.

Evaluation: Your physical therapist will be doing a full evaluation of your condition on your first visit. What the PT will be looking for is any loss of normal motion, flexibility or strength in your neck and surrounding areas that could be causing your pain. The PT will evaluate how this is affecting the function of your whole body during daily activities.

Proper Attire: You should come dressed so that you can move about as comfortably as possible whether standing, sitting or lying down.

If you have been living with headaches and want to change your quality of life, or just want relief from the daily pain call your PT today to set an appointment. The sooner that you ask your PT for help and start to manage your pain the better the outcome will be.