

Dutch Physical Therapy Services Summary

Symptoms/Complaints/
Diagnosis

Health Concern	Possible Causes	Common Symptoms	Physical Therapy Treatments
Tension	Bad posture Physical/Emotional stress Dehydration Airborne toxins	Dull persistent head pain Feeling of constriction or pressure around the head Eye, jaw and/or ear pain	Hands on manual therapy and or massage, development of posture correction exercise program to minimize pain
Migraine	While the exact causes are unknown it is thought that diets high in food additives such as MSG may cause some migraines	Light to severe head pain Sensitivity to light and sound	Modalities: ice or heat, ultra sound, e-stim, etc. Hands on manual therapy and or massage Active recovery techniques and exercises
Cervical	Stress or injury to the first three cervical joints of the neck	Light to severe head pain Sensitivity to light and sound Eye, jaw and/or ear pain	Hands on manual therapy and or massage Modalities: ice or heat, ultra sound, e-stim, etc. Active recovery techniques and exercises Postural prevention techniques
Sinus	Allergies Colds Flu	Swelling Throbbing or gnawing pain behind or under the eyes	Modalities: ice or heat, ultrasound, e-stim, etc. Hands on manual therapy or massage

Headache



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The pain of headaches can often limit our abilities to perform the daily movements necessary to function in life. Dutch Physical Therapy can help to minimize your pain and prevent further headaches.