

# G4 Physiotherapy & Fitness Newsletter



September 2018

## Tension-type headaches

A tension-type headache is the most common type of headache and the one we think of as a normal everyday headache.

It may feel like a constant ache that affects both sides of the head. You may also feel the neck muscles tighten and a feeling of pressure behind the eyes.

A tension headache normally won't be severe enough to prevent you doing everyday activities. It usually lasts for 30 minutes to several hours, but can last for several days.

### Who gets tension headaches?

Most people are likely to have experienced a tension headache at some point. They can develop at any age, but are more common in teenagers and adults.

Women tend to suffer from them more commonly than men.

### When to seek medical help

There's usually no need to see your GP if you only get occasional headaches. But see

your GP if you get headaches several times a week or they're severe.

### What causes tension headaches?

The exact cause of tension-type headaches isn't clear, but certain things have been known to trigger them.

These include:

Stress and anxiety, squinting, poor posture, tiredness, dehydration, missing meals, lack of physical activity, bright sunlight, noise, certain smells.

Tension-type headaches are known as primary headaches, which means they're not caused by an underlying condition.

### How are tension headaches treated?

Tension-type headaches aren't life threatening and are usually relieved by painkillers or lifestyle changes.

### Lifestyle changes

Relaxation techniques can often help with stress-related headaches.

This may include; Yoga, massage and exercise,

Read more about relaxation tips to help with stress.

### Preventing tension headaches

If you experience frequent tension-type headaches, you may wish to keep a diary to try to identify what could be triggering them.

It may then be possible to alter your diet or lifestyle to prevent them occurring as often.

Regular exercise and relaxation are also important measures to help reduce stress and tension that may be causing headaches.

Maintaining good posture and ensuring you're well rested and hydrated can also help.

Guidelines from the National Institute for Health and Care Excellence (NICE) state that a course of up to 10 sessions of acupuncture over a 5- to 8-week period may be beneficial in preventing chronic tension-type headaches.

Please feel free to contact the G4 Clinic to speak to a member of the team for any questions that you may have.

## Basic Stretches To help Muscle Tension Headaches

### Neck Extensor Stretch

**Technique**  
Sit or stand upright. Interlock hands on the back of the head near the crown. Lightly pull the head straight down and try to touch the chin to the chest.

### Neck Flexor Stretch

**Technique**  
Sit or stand upright. Interlock hands and place the palms on the forehead. Pull the head back so that the nose points straight up to the ceiling.

### One-Arm Shoulder Flexor Stretch

**Technique**  
Stand on a backless chair upright with the left arm behind the back and the elbow bent at about 90 degrees. Place feet shoulder-width apart with the toes pointing forward. Grasp the left elbow with the right hand. Pull the left arm across the back and up toward the right shoulder.

### Lateral Neck Stretch

Look forward while keeping your head up. Slowly move your ear towards your shoulder while keeping your hands behind your back.

### Shoulder Adductor and Extensor Stretch

**Technique**  
Stand in a squatting position while facing a doorway with the right shoulder lined up with the left side of the doorway. Stick the right arm through the doorway. Grab the inside of the doorjamb at shoulder level with the right hand. While keeping the right arm straight and the feet firmly planted, lower the buttocks toward the floor.

## Class Timetables

<u>Yoga Classes</u>
Monday 9.30am
Wednesday 9.30am
Thursday 9.30am
Friday 9.30am
Sunday 9.30am & 10.30am

<u>Pilates Classes</u>
Monday: 6.30am, 1pm (Pre-Natal), 6pm
Tuesday: 7am, 10am, 11am, 6pm (Pre-Natal), 7pm (Pre-Natal), 8pm
Wednesday : 6pm, 7pm
Thursday : 11am, 7pm
Friday: 11am (Pre-Natal)
Saturday: 9.30am, 10.30am

<u>Endurance &amp; Strength Classes</u>
<u>Strength Training</u>
Tuesday: 6.15am-7am & 12.15pm -1pm
Thursday: 12.15pm-1pm
<u>Circuit Training</u>
Wednesday AM: 6.15am-7am
Wednesday 12:15pm-1pm
Friday: 6.30am-7.30am & 1.15pm-1pm