



## **Headaches**

There are various types and causes of head pain. It has long been accepted that dysfunction of structures in the neck are a cause of some headaches. This neck dysfunction can arise from trauma (ie whiplash), degenerative changes (ie arthritis), and postural strain. Some of the features of these headaches include, loss of neck movement, neck muscle tenderness, increased pain with neck motion, etc. If you experience headaches with any of these features, consult a physiotherapist for an assessment and treatment options