



AGEWELL
Physical Therapy & Wellness, P.C.

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Our FREE
Transportation!*

HOW PHYSICAL THERAPY CAN HELP YOUR CLUSTER HEADACHES

Read more inside on How Physical Therapy Can Relieve Cluster Headaches, Invest In Your Health This Summer!, and How We Need Your Help!

www.AgeWellIPT.com



HOW PHYSICAL THERAPY CAN HELP YOUR CLUSTER HEADACHES

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 AgeWell Physical Therapy & Wellness, P.C., 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 AgeWell Physical Therapy & Wellness, P.C. today to schedule an appointment 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.

**Get Your Life Back with
AgeWell Physical Therapy**

Give us a call today at (516) 488-8808
or visit www.AgeWellPT.com

Call (516) 488-8808 or visit www.AgeWellPT.com to schedule your appointment today!



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 AgeWell Physical Therapy & Wellness, P.C., 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/>



Let's Get You Back To Feeling Your Best!

Scan the QR code above or call us at (516) 488-8808
to schedule your next appointment!

INVEST IN YOUR HEALTH THIS SUMMER!

Your health is your greatest asset; it impacts every aspect of your life. We sometimes take our good health for granted until we get sick or become injured or make unhealthy choices for the sake of convenience. Maybe we even ignore painful injuries, citing that we don't have the time or money to treat them.

The truth is, your health is an investment. Ignoring painful injuries or conditions or making unhealthy choices that seem like the "easiest" option will only hurt us in the long run and result in much more money and time spent.

You should never put off treating your pain. This could result in long-term problems that may require surgery or expensive treatments down the road. On the other hand, physical therapy is an affordable option that can help treat your pain before it accelerates to the point of no return.

Not only can a physical therapist treat your pain, but they can also make recommendations on how you can live a healthier lifestyle. If you struggle with your diet, they can provide you with nutritional guidance. If you have trouble exercising, a therapist can help motivate you to get active and prescribe you a series of personalized exercises to help combat your pain and improve your overall health.

You will be treated with compassion, empathy, and patience at our physical therapy clinic. We can get to the root cause of your pain and treat your symptoms at their source.

You don't have to live with pain. Especially not when accessible and affordable treatment options exist in physical therapy. It's time to start prioritizing the most important thing in your life— your health. **Give us a call today at (516) 488-8808 to unlock the relief and guidance you deserve.**



WE NEED YOUR HELP!

Would you take a moment to share your AgeWell experience on our [Google Review page](#)? We make it easy: just scan this QR code with your smartphone's camera. Your success story could help improve the lives of others in our community by leading them to PT!

WE'VE BEEN VACCINATED!



OUR EMPLOYEES ARE WEARING PROPER MASKS



OUR EMPLOYEES ARE PRACTICING SAFE DISTANCE



OUR EMPLOYEES ARE USING GLOVES WHEN NECESSARY



OUR EMPLOYEES ARE WASHING HANDS REGULARLY



OUR EMPLOYEES ARE AVOIDING HUGS & SHAKING HANDS

Call (516) 488-8808 or visit www.AgeWellPT.com to schedule your appointment today!