

INSIDE:

- Sleep Better with a Custom Pillow
- Take Our Client Feedback Survey
- At-Home Neck Exercise
- Meet Our Client Experience Leads!

CITYPLACE

Front & Spadina
Phone: 647-946-1062

CORKTOWN

King & River
Phone: 647-946-1102

DOWNTOWN CORE

University & Dundas
Phone: 647-946-1082

ETOBICOKE LAKESHORE

Lakeshore & Park Lawn
Phone: 647-953-4132

ETOBICOKE ROYAL YORK

Royal York & Queensway
Phone: 416-847-9112

LEASIDE

Eglinton & Laird
Phone: 647-946-1170

TRINITY BELLWOODS DUNDAS WEST

Dundas & Manning
Phone: 647-694-3405

What Is the Connection BETWEEN NECK PAIN AND HEADACHES?



What Is the Connection Between NECK PAIN & HEADACHES?



Are your headaches coming more frequently and lasting longer? Do you notice tension in the upper back and neck every time you get a headache? You may be experiencing a cervicogenic headache. The good news is that our integrated team can provide the guidance you need to resolve your headaches once and for all!

There are all sorts of reasons why headaches may develop. From environmental factors like weather changes and exposure to certain perfumes or other scents to stress and allergies, headaches happen to the best of us.

However, some headaches may be more predictable than others. Factors like the type of mattress you sleep on, the pillow you use, or even the desk chair you sit in at work can all impact your risk of experiencing regular cervicogenic headaches because of the intricate network of nerves and muscles in your neck.

Our team is skilled at treating all types of headaches. Call Foundation Physiotherapy & Wellness today and set up an appointment!

How Neck Pain Leads to Headaches

The majority of the time, neck pain starts as a seemingly small concern. A crick in your neck here or there may develop more frequently, and before you know it, you're dealing with neck pain every day.

Sometimes, what causes your neck pain is a bad habit that you don't think twice about, like watching TV at the end of a long day, keeping your neck at an odd angle as you enjoy your favorite show. Or your headache/neck pain starts from your posture as you type at your desk every day hunched over.

We usually consider these poor habits to be harmless. But the reality is that they could be putting undue stress on your neck, and if you aren't careful, this could translate to a headache.

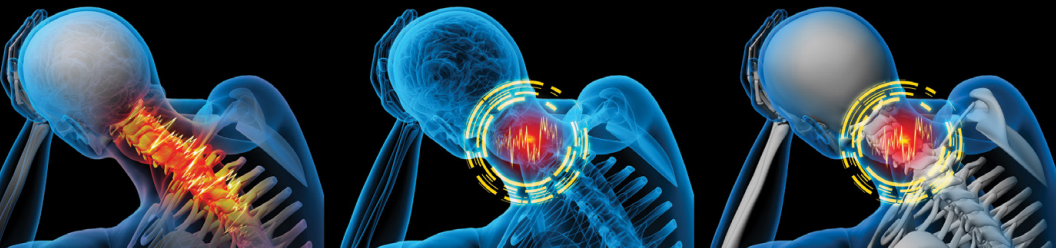
Why Posture Is So Important to Feeling Good

Working with one of our physiotherapists or chiropractors can help you identify whether or not your headaches may result from neck pain or strain. Forward head posture is one of the most common causes of headaches due to neck pain. Forward head position means you are slouching!

A prolonged slouched posture leads to strain on the muscles, ligaments, and joints of your neck. Over time, your body will start to alert you to this posture by sending pain signals. Typically, you will adjust your posture for a minute and then resume the offensive position. Eventually, your body's alert system will get stronger and include discomfort at the base of your head. If you fail to take the warning, a full-blown cervicogenic headache will likely follow.

There are specific ways that you can tell if your posture is causing cervicogenic headaches, including:

- The pain in your neck/head is worse at the end of a workday.
- The pain starts in your neck and moves into your head.
- The pain subsides when you switch positions (i.e., moving from sitting to standing).
- Neck pain/headaches develop after a change in circumstances, such as starting a new job with a new desk chair or getting a new car.



Working with our physiotherapists, chiropractors, or massage therapists to improve your posture is an effective way to overcome chronic neck and back pain.

How an Integrated Approach Can Help Your Neck Pain and Headaches

At Foundation Physiotherapy & Wellness, our entire team will work with you to learn the tools you need to lead relief and reduce the likelihood of future episodes. Here's how we can help:

- **Physiotherapists:** We will provide exercises, stretches, and manual therapy techniques to address the root causes of your cervicogenic headaches.
- **Chiropractors:** Our chiropractors will perform spinal adjustments to improve spinal alignment and relieve stress on the neck and surrounding muscles.
- **Massage Therapists:** We'll focus on relieving muscle tension and improving circulation through therapeutic massage.
- **Naturopath:** Our naturopath may suggest dietary changes, supplements, or herbal remedies to reduce inflammation and improve overall health.
- **Psychologist:** We'll work to help you manage the stress, anxiety, or depression that might be associated with chronic pain, including cervicogenic headaches.

Relief Is Just a Call Away!

If you're struggling with recurring headaches and neck pain, call Foundation Physiotherapy & Wellness today for a comprehensive assessment. We're here to help you learn what steps you can take to alleviate and prevent your pain once and for all!



Sources: <https://www.cambridge.org/core/journals/canadian-journal-of-neurological-sciences/article/treatment-of-cervicogenic-headache-new-insights-on-the-treatment-of-pain-in-the-neck/C072FDE7A92072DF1E63C12A05E4BCD5>; https://migraine.canada.org/wp-content/uploads/2014/03/PDFs_bogduk_cervicogene.pdf; <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9682850/>

CLIENT SUCCESS STORY

"Tina helped me a lot with my leg and back pain/tightness. She was very knowledgeable and provided lots of effective options for treatment. I've recommended her to several friends already and will continue to do so!"

— *Ergenii B.*



Have You Taken Our Client Feedback Survey?

Complete the survey and receive **100 loyalty points**. PLUS, we will enter you for a draw to **win a \$50 gift certificate** at Foundation.



Let Us Help You Get Back to Doing the Things You Love!

foundation
PHYSIOTHERAPY
& WELLNESS

foundationphysio.com

LIVE BETTER WITH FOUNDATION

MEET OUR CLIENT EXPERIENCE LEADS!

They are here to make sure you have a great experience at our clinic and to assist with any booking, billing or administrative concerns.



ASTRID TANTON

Client Experience Lead

Cityplace

astrid@foundationphysio.com



JOY KEELER

Client Experience Lead

Corktown

joy@foundationphysio.com



DANIELLE SOURAY

Client Experience Lead

Leaside & Etobicoke

danielle@foundationphysio.com



DUA AHMED

Client Experience Lead

Downtown Core

dua@foundationphysio.com



CHANEL MARSHALL

Client Experience Lead

Dundas West

chanel@foundationphysio.com

CUSTOM PILLOWS

Your sleep position can affect neck pain. We now sell custom pillows measured to your neck and head to improve sleep!

Scan to learn more.



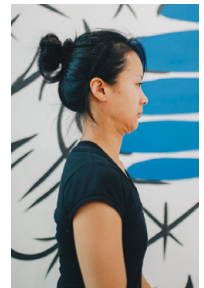
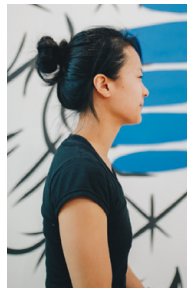
AT-HOME EXERCISE CHIN TUCKS

This exercise strengthens neck muscles involved in posture.

Chin tucks can be done while either sitting or standing. If standing, place feet shoulder width apart with spine in neutral position. If sitting, place feet shoulder width apart and ensure your lower back is supported so your spine is in neutral position.

From neutral position, relax your shoulders and gently pull your chin straight backwards to make a double chin. Make sure you look straight ahead — don't bend your neck forward, or tilt your head up or down. Hold this position for about 5 seconds then return to neutral, ensuring you don't arch your back or hunch your shoulders. This is one repetition. Complete 3 sets of 5 repetitions.

If you experience any pain or have questions about this exercise, don't hesitate to ask your therapist!



www.FoundationPhysio.com