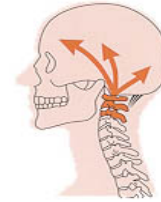


HEADACHE RELIEF

Briony McSwan asks "Is Your Headache Really A Neck ache?"

There are many causes of headache pains and often the upper neck joints or neck muscles can be the problem.



Ms Briony McSwan a Physiotherapist from Maroochydore has a special interest in relieving headache and has completed special training beyond normal physiotherapy training in this area.

Briony says your neck may be the cause when:

- Headache is associated with neck pain. Does the pain radiate from the back to the front of the head?
- Headache with dizziness or light-headedness
- Headache brought on or worsened by neck movement or staying in one position too long
- Headache always worse on one side of the head
- Headache eased by pressure to the base of the skull
- Headache that persists after your doctor has checked for other causes

Relief can be found with her "hands on" mobilisation/gentle manipulation techniques to the neck joints and surrounding soft tissues combined with postural correction and remedial exercises.

Briony's professional appointments take 45 minutes. She can be contacted at ;

Maroochydore & Buderim Sports & Spinal Physiotherapy Centre
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