

OUTPATIENT REHABILITATION
SERVICES

Physical Therapy for Headache Management



OUTPATIENT REHABILITATION SERVICES

Ballard

5300 Tallman Ave. N.W., 1-South
Seattle, WA 98107
T 206-781-6346

Cherry Hill

500 17th Ave.
James Tower, Suite 100
Seattle, WA 98122
T 206-320-2404

Factoria Rehab

12917 S.E. 38th, Suite 208
Bellevue, WA 98006
T 206-320-5430

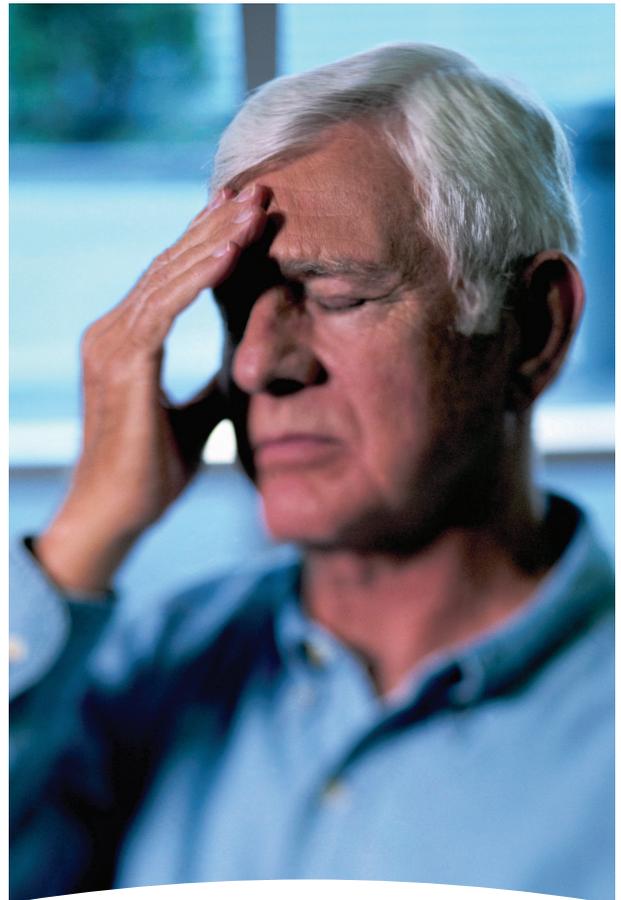
First Hill

1101 Madison, Suite 200
Seattle, WA 98104
T 206-386-2035

West Seattle Rehab

3400 California Ave. S.W., Suite 100
Seattle, WA 98116
T 206-320-5510

www.swedish.org



Swedish Outpatient Rehabilitation Services offers comprehensive treatment for patients with headaches caused by problems with the soft tissue and vertebrae of the neck, or from stress-induced migraine. Our physical therapists have advanced training in headache, manual therapy, biofeedback and relaxation techniques.

Our treatment approach

Posture Training: Neck muscles and joints work the best when we have good posture. Poor posture is often a direct cause or trigger for headaches. Your physical therapist will help you learn correct postures for everyday tasks, for example working at a computer.

Biofeedback Training helps people learn how to control excess muscle tension that often leads to headache or an increase in headache pain.

Biofeedback sensors are surface electrodes placed on the neck, shoulder and facial muscles and connect to a computer. Muscle tension under each sensor displays on-screen. This feedback allows patients to see how they can reduce muscle tension and pain using deep relaxation.

Therapeutic Exercise is a part of each individual's treatment. Exercise prescription varies for each type of headache. The purpose of in-clinic treatment and home programs is to:

- Increase range of motion where tightness exists
- Strengthen weak muscles
- Correct muscle imbalances
- Condition postural muscles
- Practice relaxation exercise

Manual Therapy may be used to decrease muscle tightness or restore normal motion to the joints of the neck.

Self-Management: Our therapists will help you apply what you learn in the clinic to your daily activities at work, home and in the community. You will practice and learn how to manage and prevent headaches independently.

For more information or to schedule an appointment at one of our Outpatient Rehabilitation Services locations call:

<i>Ballard</i>	<i>206-781-6346</i>
<i>Cherry Hill</i>	<i>206-320-2404</i>
<i>Factoria Rehab</i>	<i>206-320-5430</i>
<i>First Hill</i>	<i>206-386-2035</i>
<i>West Seattle Rehab</i>	<i>206-320-5510</i>