

IMG PHYSICAL THERAPY

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HEADACHE RELEASE HOME EXERCISE SHEET

Rehabilitation of the cervical spine can take a long time. A loss of strength is common after an injury or surgery; however, the strength and range of motion can be regained. It may become frustrating at times but you can be successful with hard work and a lot of determination.

When you are exercising on your own there are some things to remember....

- ◇ Any specific exercise that causes pain is hindering the healing process for your injury and should be modified or discontinued.
- ◇ Swelling after exercise indicates that the exercise is too difficult or it is not being done correctly. You need to change your program to eliminate the problem.
- ◇ Re-injuries during the rehabilitation process will slow your progress. If you get recurring pain either lower the resistance; lower the number of sets or repetitions; or reduce the range of motion to avoid the area of pain.
- ◇ Consult your Physician or Physical Therapist if any problems arise or if you have any questions regarding an exercise. It is better to make sure that you are doing an exercise correctly than to cause further injury by doing an exercise incorrectly.

These exercises are to be done ONLY when a headache is present.
Doing the exercise when a headache is not present can induce a headache.
Perform for 90-120 seconds.



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Manual Therapy

Tension Headache Release (Mulligan Self Headache SNAGS):

- Use an edge of a hand-towel (**DO NOT ROLL TOWEL**).
- Place edge of towel at bottom of earlobe level with edge making contact with Spine.
This is the level of C2.
- Grab edges of towel with thumb and index fingers of both hands.
- Angle fingers up slightly to pull at eye level.
- Apply a **MILD** pull with both hands and hold for 90 seconds.
- If headache is one sided, use more pressure with that hand.