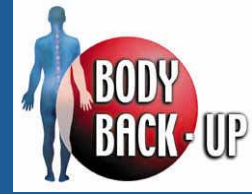


# Tension Headache Patient Case Study



Osteopathy & Sports Injury Clinic

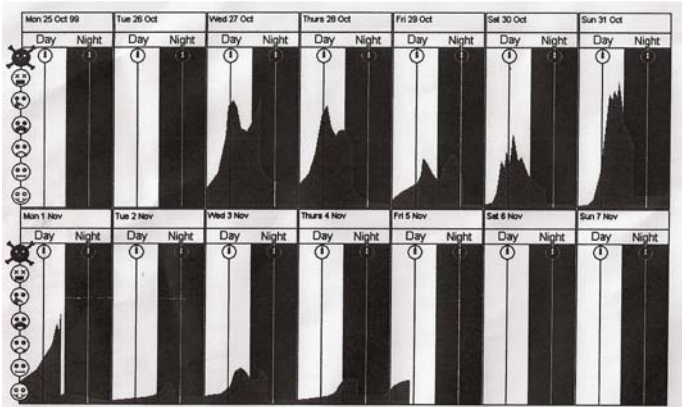
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## Male Aged 55 - Suffering from Tension Headaches

- The graph shows the daily pattern of head aches in the days following the initial series of osteopathic treatment - treating muscular neck tensions as well as spinal joint restriction.
- Our patient self completed a progress graph.
- Measuring changes from Day 1 at our suggestion.



## Graphed Symptom Cycles - Help you understand your condition!



### Looking at your symptom patterns

- We encourage our patients with chronic problems to “plot” their progress after and between each appointment.
- This informs us of their treatment improving according to plan
- When you have had a problem for a long time (chronic), it can be hard to describe your symptoms clearly.

## How can you measure change & check improvements?

- Symptom -Intensity & Duration?
- Frequency of Symptoms pattern
- Reduced tension?
- Greater range of neck mobility

## The Treatment & Self Help Programme



- The osteopathic treatment and management combines manual loosening of muscular tension:
  - Neck spinal muscles
  - Shoulder blade area
  - Base of the Skull – Cervical junction
- The application of heat between sessions.
- Performing a prescribed exercise routine.
- Thoracic and cervical spinal mobilisation when needed.
- Postural - workplace environment advice.
- Change to a more supportive orthopaedic pillow.

## Private Healthcare Insurance & the General Osteopathic Council

- Our Osteopaths are registered with all the major Healthcare Insurance companies.
- **BUPA, AXA/PPP, Simply Health, Cigna, BCWA, Prime, Healthfirst, Norwich Union**
- In recent years there has been an increasing awareness and acceptance of Osteopathy as an integral part of health care by the public and mainstream medicine, and by the government.

[www.bodybackup.co.uk](http://www.bodybackup.co.uk)

Info 146 V5 (12.05.10)

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