

Tension Headaches

Tension headaches are very common and nearly all of us have suffered a tension headache at some time. Some people suffer bouts of tension headaches that can be very disruptive to their day-to-day lives

- **What are the symptoms?**

- Pain in and around the head and scalp
- Usually felt on both sides or whole head
- Felt at the back of the skull, temples and above eyes
- Tight band feeling
- Pressure feeling
- Gradual onset
- Can last hours, days but often weeks
- Can be recurrent or persistent over long periods
- May be associated with stress, anxiety, tension and depression

There are some things that can make tension headaches worse

- Muscle tension
- Driving
- Sitting poorly, bad ergonomics, typing, computer work etc
- Emotional stress, anxiety, tension and depression

What to do?

- See your Osteopath to have a proper examination and diagnosis of the headache
- If you are suffering tension headache your Osteopath will probably apply gentle techniques to associated muscles that may be contributing to the headache or have become tight and spasmed in response to the headache.
- Your Osteopath will give you instructions on how to manage your headache
- Your Osteopath will help to identify the cause of the headache and prescribe you specific exercises and or stretches and relaxation techniques to avoid reoccurrence of the problem.
- Your Osteopath can help educate you on good posture and ergonomics in your daily life especially when working on the computer.
- Rest, try to relax and remove yourself from stressful situations, drink plenty of water and catch up on any missed sleep.