



# Natural Headache Relief With Massage Therapy

Many people suffer daily from headaches - whether it's a nagging spot in the back of the head or an unbearable migraine. Muscle tension headaches can arise from neck and back tightness, which are basically knots (or trigger points) we sometimes feel in those areas. Those trigger points have specific referral patterns of pain into the head and neck. Trigger points can be caused by trauma (car accident, injury, etc.), fatigue, stress, and postural imbalance. Symptoms of tension headaches include dull or tightened band around the head, associated neck and shoulder pain, muscle tenderness and, stiffness.

When trigger points are present they reduce blood circulation to muscles and may cause them to be in a contracted (shortened) state. This contributes to the muscle tenderness and stiffness, which is associated with tension headaches. Mechanical stimulation such as massaging the muscles will cause an increase of blood flow through the tissues and release the muscle from it's contract-

ed state. Massage therapy will aid in eliminating trigger points and breaking the pain cycle of tight muscles and headaches. Massage can help reduce stress levels and improve quality of sleep, which will also manage muscular tension and headaches. Along with massage therapy, exercise is equally important for maintaining healthy tissues. Stretching tight muscles and strengthening weak muscles can improve postural imbalance and aid in eliminating trigger points, muscular tenderness and, stiffness. Being aware of your posture at work, on the computer, or watching TV will reduce muscle strain and help prevent tension headaches.

Whether you experience mild or severe discomfort, massage can assist in relieving symptoms of tension headaches. Massage treatments along with therapeutic exercise and practicing good postural habits can help manage tension headaches and assist in eliminating perpetuating factors. Improving the quality of your daily routine is essential for maintaining a healthy lifestyle.

***If you experience any severity of tension headaches and feel you can benefit from massage therapy, book an appointment at MaxFit today.***



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