

## Health Tip - Tension Headaches

We all get them occasionally, but what causes tension headaches? Tension headaches have muscular origins and are associated with trigger points (or “knots”) referring pain into the head and neck.

Predisposing factors include muscle overload, chilled muscles, sleep disturbances and other factors. Tension headaches usually pass but can develop into chronic headaches.

Treatment is focussed on the neck, upper back and chewing muscles. Trigger points in these areas refer pain to the head in specific patterns, which help guide the therapist to the likely cause of the headache. Self-massage, specific stretches and postural advice are given to help eliminate causative factors.