

HEADACHES CAUSED BY POSTURE

Not many physical conditions exist that can decrease one's effectiveness both at work and at home more frequently than headaches. Pain, fatigue, lack of concentration, and irritability are effects of headaches that decrease capability and efficiency in individuals. Many causes of headaches exist: allergies, hormones, diet, blood circulation, and musculoskeletal tension to name a few. Musculoskeletal headaches, also referred to as tension headaches, are extremely common and can be caused by many factors. Poor postural habits are almost always involved when the root cause of any tension headache is found.

Why is proper sitting posture important? The design of the spine is such that in a relaxed standing or sitting position, the bones absorb most of the downward pull of gravity and the muscles are not overworked. However, if the head and shoulders protrude forward and the spine is curved excessively, the bones are no longer absorbing the force. Gravity begins to pull harder on muscles, tendons, ligaments and joint capsules. Chronic overwork of these body parts leads to back/neck pain, stiffness and ultimately to tension headaches. Imbalances develop as the muscles in front of the shoulders become shortened and the shoulder blade muscles are overstretched. The body becomes used to this position, and poor posture begins to appear in standing. Whether drafting plans, typing reports, or playing video games, the current population spends an enormous time working at computers. Therefore, if proper posture is not kept, the effects on the musculo-skeletal system can be devastating and one of the first symptoms to develop headaches. Use of a computer mouse with either hand, in combination with improper shoulder, neck, and head posture, may cause increased tightness on the same side shoulder, neck and base of the skull. Improper sitting posture while on the phone, while writing, or sitting through meetings also will be harmful and may cause headaches. As the days,

weeks, months and years tick by, headaches may increase in frequency, intensity, and duration. The accompanying fatigue, lack of concentration, and pain may cause sitting posture to worsen and a vicious cycle is born.

How does one know if his/her sitting posture is a factor in neck stiffness and headaches? Physical therapists at Health Motion are highly trained in posture and body mechanics, as well as how the habits of each individual relate to his/her specific symptoms. In addition, we offer free consultations. After a detailed evaluation, we can answer your questions regarding your symptoms and discuss ways to eliminate your muscles tension and resulting headaches. Call us today and learn what you can do to obtain proper posture and improved physical health, which will empower you with the capability of greater accomplishment at work and at home.

- Adam Beadenkopf, PT

We can help!

Call Health Motion today to schedule a 15-20 minute free consultation with one of our therapists. Our experienced therapists are glad to help you with any questions or concerns you may have. Call today to become headache free!

"I started therapy because I was experiencing headaches on a daily basis. After just a few treatments my headaches were less severe and less frequent. Thanks to Health Motion, my life now has new meaning and is more enjoyable."

- FS



HEALTH MOTION PHYSICAL THERAPY SERVICES

Kentwood
3826 44th St. SE
Kentwood, MI 49512
616-554-0918

Downtown
428 Bridge St. NW
Grand Rapids, MI 49504
616-451-4284