



Santa Clarita Valley  
Therapy Services

HEALTH & WELLNESS NEWSLETTER

# HOW PHYSICAL THERAPY CAN HELP YOUR CLUSTER HEADACHES

Read more inside on How Physical Therapy Can Relieve Cluster Headaches,  
Don't Let Your Insurance Go To Waste, and Keeping Your Health In Mind!

[SCVTherapyServices.com](http://SCVTherapyServices.com)

Give us a call today at (661) 284-1984



## HOW PHYSICAL THERAPY CAN HELP YOUR CLUSTER HEADACHES

Do you wake up at night with excruciating headaches? Do you have pain behind one eye that seems to intensify quickly? You may be experiencing a cluster headache. At Santa Clarita Valley Therapy Services, our therapist will help you figure out the source of your headaches and, more importantly, how to find relief from them.

Cluster headaches are a specific type of chronic headache. They are often short-lived but intense headaches that occur every day for weeks. Most cluster attacks occur at night; however, they can occur at any point, sometimes multiple times throughout the day. They get their name because they appear in patterns or "clusters" at the same time every year, such as in the spring or fall.

If you've been living with nagging headaches, you will benefit from a consultation with one of our experienced physical therapists. Contact Santa Clarita Valley Therapy Services today to schedule an appointment and let us help you figure out precisely what type of headache is plaguing you. We'll help you learn how to resolve it once and for all!

### What Causes A Cluster Headache?

Any pain that occurs within the head can be referred to as a headache. Most headaches will resolve independently without medical intervention; however, severe or recurrent headaches that interfere with one's quality of life should most certainly be evaluated further.

The challenge lies in identifying which type of headache

you're experiencing and then devising a treatment plan accordingly. Cluster headaches, which occur in cyclical patterns or cluster periods, are one of the most painful types of headaches. A cluster headache typically wakes a person up in the middle of the night with intense pain in or around one eye on one side of their head.

While some headaches have specific triggers, such as hormonal changes, stress, or tension, cluster headaches typically do not. *The most common factors associated with cluster headaches are:*

- **Age** - Most people who develop cluster headaches are between 20-50 years old.
- **Gender** - Males are more likely to develop cluster headaches than females.
- **Smoking** - A large number of people who experience cluster headaches are smokers.
- **Alcohol** - Alcohol use can aggravate or even trigger a cluster attack.
- **Family history** - Those who have family members with cluster headaches are more likely to develop them themselves.

Get Your Life Back with Santa Clarita Valley Therapy Services!

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# HOW PHYSICAL THERAPY CAN RELIEVE CLUSTER HEADACHES



Physical therapy isn't typically someone's first thought when they have a headache. Most of the time, the typical reaction is to take some form of pain-relieving medication. If you suffer from cluster headaches, pain relief drugs will not provide you with the same long-term relief as physical therapy.

Physical therapy can be a very effective remedy for cluster headaches. It is a safe and effective option for decreasing their frequency, pain intensity levels, and duration.

**The first step of physical therapy is determining the underlying cause. Our therapist will conduct a comprehensive evaluation to determine the type of headache you have.**

Our physical therapists are experienced in treating most musculoskeletal problems, including headaches and other disorders related to the condition. We will use targeted manual therapy, postural education, and specific stretches to alleviate your pain.

Often recommendations to change positions from standing to sitting to reclining can provide relief to calm the pain down and allow you to regain your ability to function at home.

In addition to the therapeutic recommendations, some lifestyle changes can minimize how often you experience cluster headaches. *Your physical therapist may suggest lifestyle changes including:*

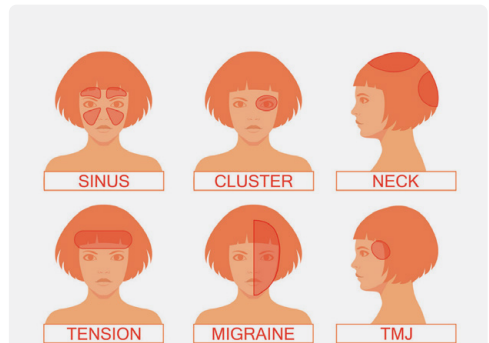
- Increasing exercise and physical activity (but avoid exercising in hot weather)
- Cutting out alcohol and/or cigarettes
- Avoiding specific medications which can cause blood vessels to dilate and trigger cluster headaches
- Stress relief techniques, as well as learning how to avoid stressful situations that may trigger your headaches
- Creating a consistent sleep schedule
- Implementing a more nutritious diet

## Call To Schedule An Appointment

If you have been dealing with persistent, ongoing headaches that you believe may be cluster headaches, don't hesitate to contact our office today.

At Santa Clarita Valley Therapy Services, we will help you figure out the cause of your headaches and provide an effective, safe and natural treatment plan for eliminating the pain!

Sources:  
[https://www.physio-pedia.com/Cluster\\_Headaches](https://www.physio-pedia.com/Cluster_Headaches)  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5468612/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC822635/>



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# DON'T LET YOUR INSURANCE GO TO WASTE!

**There's no way around it: health insurance benefits can be absolutely mind-boggling.**

Time after time, we've seen patients come through our doors with their insurance cards in one hand and their cell phones in the other as they call their insurance companies in an attempt to figure out what they need to pay for their treatment.

Now that the end of the year is getting closer, many patients have met their insurance deductibles. If this is you, this means your physical therapy treatment could cost you absolutely nothing!

Patients with family plans or those who have had major surgeries or chronic illnesses are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of treatment at Santa Clarita Valley Therapy Services could be minimal or entirely covered by your insurance plan!

You should be enjoying time spent with your family this fall instead of stressing about insurance and whether or not you can afford treatment.

If you've met your insurance deductible for the year, it's a good idea to visit Santa Clarita Valley Therapy Services for treatment. We specialize in treating a variety of acute and chronic pain conditions and injuries and hold ourselves to high standards regarding our treatment methods and techniques.

**Are you in need of physical therapy? Check in on your insurance deductibles and visit our clinic today. We'll guide you through safe and affordable physical therapy treatment this fall!**



## IT'S IMPORTANT NOT TO MISS YOUR APPOINTMENTS

We are here to help you enjoy your life, pain-free! To make sure of this, we ask our patients to commit to their scheduled appointments. If you are feeling sick or have to reschedule, please call in to ask for other options. Our practice is dedicated to helping our patients identify the cause of their pain and creating a custom treatment program that will allow them to return to normal activities pain-free.

## KEEPING YOUR HEALTH IN MIND



OUR EMPLOYEES ARE WEARING PROPER MASKS



OUR EMPLOYEES ARE PRACTICING SAFE DISTANCING



OUR EMPLOYEES ARE USING GLOVES WHEN NECESSARY



OUR EMPLOYEES ARE WASHING HANDS REGULARLY



OUR EMPLOYEES ARE AVOIDING HUGS & SHAKING HANDS

Your health is our highest priority. Give us a call at (661) 284-1984 or visit [SCVTherapyServices.com](http://SCVTherapyServices.com) today!