

## Suffering from Headaches?

Sometimes the cause of headaches could be from poor posture and tight muscles in your neck and shoulders. Follow these simple steps to help relieve your headaches as you feel it starting!

### 1. Practice sitting up tall

Try sitting up nice and straight, roll your shoulders back and try not to stick your chin out. This will take the tension off of your muscles.

### 2. Stretch out your muscles

Gently stretch the top of your shoulders and neck to help relax the tight muscles.



Look down to opposite hip

Gently pull the head to the side and down to the hip

Keep shoulder on stretching side down

Hold 30seconds before repeating on other side

### 3. Give yourself a massage

Gently rub the sore spots at the base of your skull, the base of your neck and the tops of your shoulders – be careful not to rub too hard in case it makes your headache worse!

### 4. Use heat

Apply a heat bag/patch to the base of your neck and the tops of your shoulders to warm deep into your muscles and help them to relax – 10 minutes should do the trick.

If you don't notice an improvement in the next two days, follow up with your Physiotherapist who is trained in relieving headaches!