

The Link Between Headaches And Posture

Headaches can be a terrible interference in your life and can often seem to come from nowhere. Headaches can be caused by a variety of underlying conditions and illnesses, from injuries to serious infections. Many people don't know that poor posture is one of the most common causes of headaches, accounting for up to 22% of clinical cases.

If you are experiencing frequent headaches or migraines, poor posture could be the cause. Spending your days hunched over a computer, sprawled on the couch, sitting in a car or working in poorly organised workspaces can all lead to back and neck pain, in turn leading to headaches.



Headaches Caused By Poor Posture

Poor posture can lead to neck problems that commonly lead to cervicogenic or tension headaches. These headaches occur because of muscle tension in the neck and jaw. This tension can become painfully tight and full of knots, causing pain to radiate over your head. Luckily, these headaches can be prevented by fixing your neck problem.

Neck problems can originate from a number of musculoskeletal and neurovascular structures in your neck, including joints, discs, neck muscles and spinal cord coverings. A dysfunction in one of these structures can cause pain signals to be transmitted into your brain stem, which your brain interprets as a headache.

Neck Muscle Problems

Headaches occur if the neck joints or muscles are too stiff, move too much, or are locked in an abnormal position. The muscles connected to the neck will cause this pain if they are knotted, overworked or in spasm.

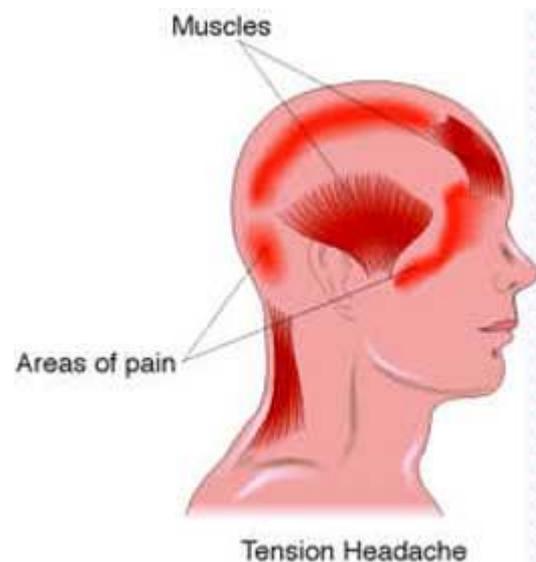
Injured neck joints can cause surrounding muscles to overwork in order to protect them. As other neck muscles become weaker from poor posture, even more demand is placed on the overworked muscles. This muscle imbalance can result in frequent and increasingly painful headaches.

Symptoms Of Tension Headaches

Headaches caused by poor posture are often misdiagnosed as migraines due to the similarity of the pain and consistency of the problem.

Common symptoms of a headache caused by neck problems include:

- Tenderness at the top of the neck and base of the skull
- Subtle or severe stiffness or loss of movement in the neck
- Massaging your neck or applying pressure to the base of the skull provides temporary relief
- Pain radiating from the back to the front of your head
- The headache is provoked or eased by a neck movement or sustained position
- The headache is consistently worse on one side of the head



It's important to note that your neck does not necessarily have to be sore in order for your headache to be caused by a neck problem. Headaches caused by poor posture can vary dramatically in severity.

The holistic approach undertaken by Physiofit can help examine the true cause of a headache. Physiotherapy treatment is very effective in relieving headaches. Our Physiotherapists have experience using techniques developed by Dean Watson.

Make an appointment today or ask for more information about our treatments.