

# MUSCLE TENSION HEADACHE STRETCHES

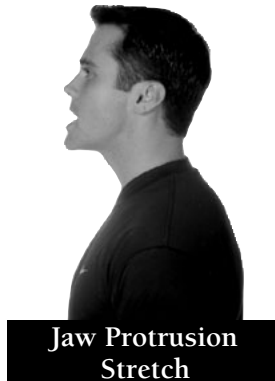
This type of headache is caused by a contraction of the head, neck, and/or jaw muscles with or without tension (stress). Stress tends to aggravate an already preexisting condition present in these muscles and joints. It is often referred to as a “vice-grip” feeling around the head in which you experience a dull ache or pressure sensation. These headaches are often the result of poor posture.

## *The “Super Six Rules” to Stretching Successfully:*

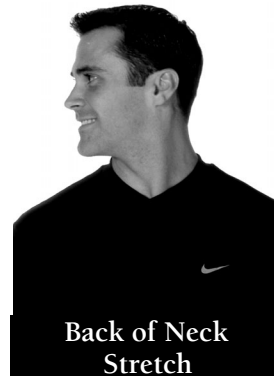
- 1 • Warm up (Walk on the spot for 1 to 5 minutes)
- 2 • Hold each stretch one repetition for 30 seconds
- 3 • Do not bounce ( Hold in Comfortable position)
- 4 • Be Gentle (No Pain)
- 5 • Breathe Deeply
- 6 • Stretch both sides equally



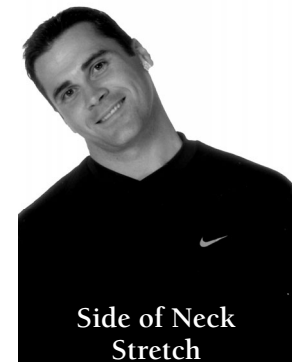
Open Mouth Stretch



Jaw Protrusion Stretch



Back of Neck Stretch



Side of Neck Stretch



Side of Neck Stretch With Arms Held



Front of Neck Stretch



Shoulder/Rotator Cuff Stretch



Middle Chest Stretch



Hip Flexor/Psoas Stretch



Hamstring/Back to Chair Stretch



Outer Calf Stretch

“To maintain flexibility, we recommend that all of these stretches be completed during and/or after your activity. The cool-down stretch routine will eliminate lactic acid from your muscles and therefore decrease stiffness and soreness as a result of exercise.”

# MIGRAINE HEADACHE STRETCHES

Migraines are vascular headaches in which the blood vessels of the scalp become narrow. Migraines occur from diet (simple sugars), alcohol, sunshine, stress, hormonal changes, and neck joint, muscle and nerve irritation. A classic migraine usually involves an aura of some type with symptoms of anxiety, depression, vomiting, loss/blurring of vision, hearing loss, and heightened sense of smell. A common migraine can have symptoms of a classic migraine with pain on one side of the head, a throbbing sensation, but no aura.

Current scientific literature indicates that the nerve pathway causing migraines is the same path that produces muscle-tension headaches. Stretching, relaxation, and chiropractic care can treat migraines. In fact, some studies demonstrate that chiropractic care can reduce migraine intensity, frequency, and duration by 75–80%.

## *The “Super Six Rules” to Stretching Successfully:*

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Open Mouth Stretch



Jaw Protrusion Stretch



Side of Neck Stretch



Front of Neck Stretch



Back of Neck Stretch



Side of Neck Stretch With Arms Held



Back of Shoulder Stretch



Shoulder/Rotator Cuff Stretch

**“To maintain flexibility, we recommend that all of these stretches be completed during and/or after your activity. The cool-down stretch routine will eliminate lactic acid from your muscles and therefore decrease stiffness and soreness as a result of exercise.”**

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