



Blackrock Clinic

PHYSIOTHERAPY DEPARTMENT



Physiotherapy Headache Service

Do you suffer from headaches?



*Have you ever thought of
physiotherapy treatment for your headache?*

*At Blackrock Clinic Specialist
Headache Physiotherapists offer treatment.*

There are numerous different types of headaches including migraine, tension type headaches and headaches arising from the neck. Many headaches can be caused by reduced movement in the neck, having the neck in a certain position, increased tension or tightness in the neck muscles and sustained poor postures e.g. sitting at a computer.

Physiotherapy treatment may involve mobilising the joints in the neck, soft tissue massage, trigger point release and stretching of neck muscles and retraining muscle strength and coordination.

*To arrange a Headache Assessment
phone the physiotherapy department on 01 2064364
or email physioreception@blackrock-clinic.com*