



TENSION

Target Population: Occurs in Men and Women equally

Pattern of Pain: Both Sides, pain in forehead, temples, back of neck or throughout skull depending on muscles involved

Characteristics of Pain: Dull, "Vice-Like" Pain

Associated Factors: Injury, Muscle Overload, Muscle Chilling, Fatigue, Stress, Jaw Pain, Chewing gum, Grinding Teeth, Sleep Disturbances i.e. too much or too little sleep, Poor Posture, Etc.

It is a Cycle of Pain due to contraction of a muscle(s), followed by a decrease in circulation to that area, therefore decrease in function resulting in pain.

CLUSTER

Target Population: Males

Pattern of Pain: Always one sided, Pain affects eye of around the eye

Characteristic of Pain: A Stabbing, Piercing, knife like Pain

Associated Factors: Link to Smoking and Drinking as ↑ risk factors

This is an uncommon vascular headache

MIGRAINES

Target Population: Mostly Women. After 35 years of age, migraines will typically increase in frequency and intensity (severity).

Pattern of Pain: Usually just one sided

TYPES: 1. **COMMON**- Most Common occurs without an aura and pain typically last for 24-48 hours.

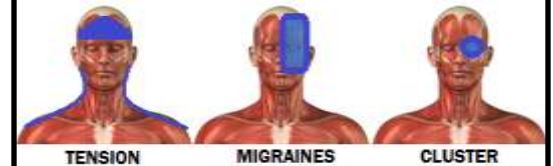
2. **CLASSIC**- Occurs with an aura and is a sudden usually severe attack and pain may last anywhere from 4-72 hours.

****AURA**-A perceptual disturbance occurring before Migraine begins.

Characteristics of Pain: Moderate to Severe Pain, Throbbing or Pulsating Pain, Nausea, Photophobia, Phonophobia and Severity of Headaches typically increases with Activity.

TRIGGERS- Smoke, Perfume, Whiplash, Low Blood Sugar, Hunger, Foods (ex: those with tyramine), Hormonal Changes, Weather Etc.

PATTERNS OF PAIN



MANAGEMENT OF HEADACHES

You can reduce the number and severity of headaches that you experience by implementing 3 basic steps:

#1. FIND THE CAUSE

The most important factor in the management of headaches is to identify possible causes.

TIPS: Keep a daily log of food intake, activity, stressors, weather etc. Then, mark down when you get headaches, how long they last and the severity. Compare with your log for possible causes and/or triggers.

#2. DIET

Limit intake of foods that contain high amount of a compound called Tyramines. The more a food is "aged", ↑ the content of Tyramines.

Some examples are: Aged Cheese, Processed Meats, Pickles, onions, olives, raisins, Chocolate, canned soups, red wine etc.

#3. Mechanics & Exercise

Decrease muscle tension in upper shoulders and neck by **REGULAR MASSAGE THERAPY**, correcting daily posture and including basic stretches.

DIAPHRAGMATIC BREATHING: Refers to a breathing technique used to improve the bodies function by increasing the amount of oxygen to our tissues and decreasing stress levels.

**Refer to Sept. Newsletter for information on Posture and Sample Stretches*

COLD AND FLU SEASON IS HERE

Signs and Symptoms

- *Headaches
- *Chills
- *↓Appetite
- *Fever
- *Sneezing
- *Cough
- *Muscle Aches
- *Runny nose
- *Nausea
- *Muscle Fatigue
- *Watery Eyes
- *Throat Irritation
- *Vomiting
- *Diarrhea

PREVENT YOURSELF FROM THE SPREAD WITH A FEW BASIC TIPS



Wash your hands thoroughly with soap and warm water for a minimum of 15secs. Especially after sneezing and coughing.



Cover your mouth/nose with a tissue when coughing or sneezing.



Keep a supply of alcohol-based hand sanitizer with you wherever you go.



Disinfect all commonly used areas and/or items

For more information or questions about information in this newsletter please contact

Body Movement Therapeutics, at (519)-853-1200.

Let us help you manage your headaches, stay stress free and maintain a healthy lifestyle.

CLINIC NEWS



Upcoming Events

OCTOBER 16TH

TOWN OF HALTON HILLS WELLNESS FAIR

Body Movement Therapeutics will be participating in this wellness fair for all Town employees. Demonstrations of Functional Movement Screening & Posture. The fair runs from 11-2pm at the Gellert Centre, Georgetown.

OCTOBER 27TH

TRICK OR TREAT ON MILL & MAIN STREET

Bring your kids by Body Movement Therapeutics for some fun Halloween Trick or Treating. Event runs from 1-3pm. Hope to see you there. Great day for the kids!

TRUE MENTALITY FUNCTIONAL TRAINING & BOOT CAMP FACILITY GRAND OPENING WAS A SUCCESS!

THANK YOU TO OUR SPONSORS,
TREADMILL FACTORY AND RAW
ELEMENTS AND ALL THE PEOPLE
WHO ATTENDED.

405 INDUSTRIAL DR. MILTON UN 1



UPCOMING TRUE TEAM EVENTS

OCT 13TH: 'GET ME STARTED'- BASIC
NUTRITION SEMINAR. 12-3PM, 405
INDUSTRIAL DR. MILTON
COST: \$50/MEMBER OR \$60/NON-MEMBER

OCT 14TH: WALK THIS WAY, 5 KM WALK
TO RAISE AWARENESS FOR DISEASE
PREVENTION & NATURAL HEALTH.
DOORS OPEN AT 9AM.

VISIT WWW.WALKTHISWAYORG.CA

OCT 20TH: 2012 CN TOWER CLIMB FOR
THE UNITED WAY. EVENT RUNS FROM 6-
10AM & REGISTRATION OPENS AT 5AM.

NOV 4TH: ZEN STRETCH SEMINAR WITH
BODHI BATISTA, 11-3PM. REBALANCE
YOUR MIND, BREATH & BODY.

JOIN THE TRUE TEAM AND REGISTER TODAY! VISIT ONLINE FOR MORE INFORMATION @
WWW.TRUEMENTALITY.CA

BUILD... STRENGTH • ENDURANCE • CONFIDENCE