



Holladay Physical Medicine

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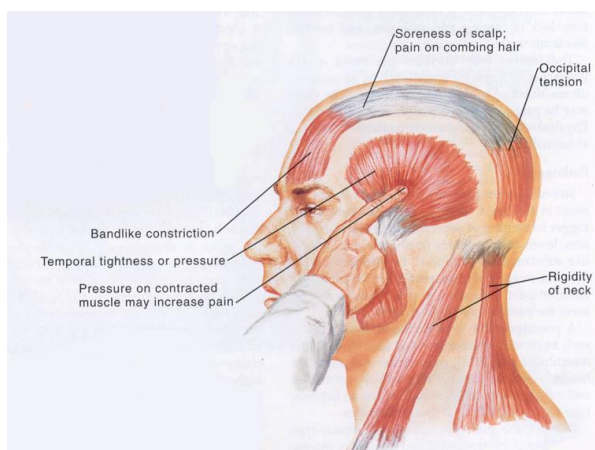
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www.holladayphysicalmedicine.com

This Information is about this condition in general. Every individual has a unique presentation. Once you understand this information, consult the doctor on any specific questions about your condition.

Headaches

Head pain comes from a variety of causes including muscle tension as the most common and vascular dilation, which is less common and toxicity from chemical which is least common. Relieving the symptoms of head pain does not always solve the problem as it does nothing for the actual cause of the pain.



If your headaches are not relieved by treatments like aspirin, paracetamol (acetaminophen) or ibuprofen then you should see your doctor of chiropractic about them. With headaches, as with other illnesses, obtaining the proper treatment depends on the right diagnosis. Therefore, it is important to determine whether you have migraine or another type of headache.

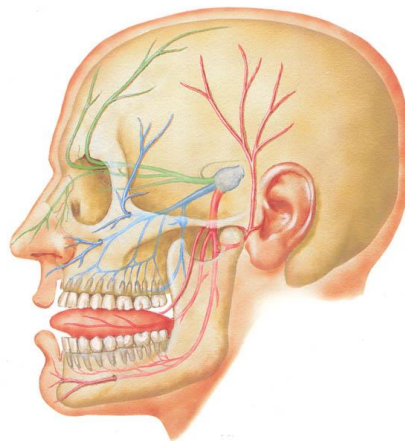
The most common type of head pain is a tension headache caused by muscle tension.

Other patterns of pain follow the nerve distribution of the face. And sometimes the pain can come from several sources.

Daily headache.

The following symptoms and signs suggest the possibility of serious illness and warrant immediate medical attention:

- Very sudden onset of headache without warning
- Getting a new type of headache after the age of 55
- Headache with a fever or stiff neck
- Headache associated with the new onset of changes in vision, weakness, sensory loss, weakness, (especially on one side of your body), or any difficulty walking
- Headaches that progress in frequency, duration, or severity
- Headache following an accident or head injury
- Constant headaches that never go away



If you have any of these features, go to see your doctor. If you do not have these characteristics, but you have all three described below, you most likely have migraine:

1. You have had at least five headache attacks in your life with similar features lasting from 4 to 72 hours each.
2. You have two of the following three pain features:
 - Moderate to severe pain
 - Pain on just one side of the head
 - Headaches that are throbbing or pulsing.
3. You have one of the following three features:
 - You have aura
 - You feel sick (nauseous) during your headaches
 - You are usually sensitive to light and sound during your headaches

Treatment:

Head pain is generally a symptom of some other disorder. We understand the treatment of pain as a symptom and provide relief as fast as possible while at the same time addressing the actual cause of the pain. The most common head pain is tension headache.

- Simple application of heat and therapy to the muscle of the neck reduce pain within minutes.
- Correction of spinal misalignment and dysfunction can reduce the recurrence of the pain.
- Exercise helps dissipate stress and reduce stored tension.

Recommendations:

- Detoxification
- Recreation on a regular basis
- Stress Reduction
- Increase water intake
- Check and prescription side effects for head pain
- Maintain spinal mobility and muscular function with monthly treatment.

USE OF PRESCRIPTION DRUGS

We do not prescribe drugs nor recommend their use if harmful side-effects are associated with your complaints. We also do not, in any case, recommend changes in the use of prescription drugs that a licensed physician has given you. If you believe alterations in those prescriptions are in the best interest of your health, always consult with the prescribing physician before making any changes.

NUTRITION AND SUPPLEMENTATION:

The ideal situation for nutrition in any injury or disease is first to eat whole foods, and to avoid processed foods, fast foods preservatives, refined carbohydrates and sugar. We have much information on our web page under Absolute Health Clinic. The physical medicine modalities we will provide you will help reduce the symptoms in the time we have projected. If you want to heal, this step is something you will need to take.

Nowadays, even if you do all of those things, you need to realize that our food supply has been gradually depleted. The pure ingredients needed to maintain body function, metabolism and immunity have been drastically reduced. We recommend only whole food supplements. Studies are clear that synthetic vitamins and mineral supplements are not only not helpful to the body in most cases, but can be toxic. Don't expect them to take the place of what we recommend here. They will not help you sufficiently to heal properly. The following list has been prioritized to help you gradually begin to supplement your improved diet and provide your body with the ingredients it needs to restore or improve your immune response and then provide the raw materials in usable form to repair the damaged or diseased tissue. The degree to which you can implement these items will largely determine how fast you recover and more importantly whether or not you have a recurrence or relapse of the symptoms again soon.

These products are all produced by Standard Process. You may obtain them on line from Amazon or other distributors if you like or we can order them for you and save you an average of \$5 per bottle plus you can avoid shipping charges.

GENERAL DAILY SUPPLEMENTS

- Catalyn
- Tuna Omega-3 oil
- Calcium Lactate
- Trace Minerals B12
- Cataplex D
- Prolamine Iodine

SPECIFIC FOR THIS CONDITION

- Antronex
- Phosfood
- Arginex
- Saligesic

Specific dosages will be provided by the doctor.

Detox diet may be necessary.

We have many other specific items for a variety of health deficient conditions. Consult our web page or ask the doctor.

HOME REMEDIES AND MEDICINES

After the first 1-3 days when you should be using 5-8 minutes of cold packs, utilize moist heat packs on a daily basis during the first phase of treatment. 15 minutes is the maximum therapeutic dose for heat in this condition. The application may be repeated with at least 15 minutes of non-heat rest in

between. This will help relax tight muscle fibers and bring blood to the region. Hot tubs and baths with Epsom salts provide temporary relief.

The use of over-the-counter medications for pain and inflammation may be seen as necessary at first depending on your pain level and tolerance. Understand that we depend on your natural immune response to function well in order to heal this disorder. Some pain relievers and most anti-inflammatory medications shut off the inflammatory response which is what triggers your body's immune response mechanisms. If you need pain medicines of any kind to continue to function or to be able to do the exercise routines we have recommended, use good judgement in when you use them. We strongly suggest you consider ice packs for 5-10 minutes for pain relief and mechanical positioning of the injured areas to relieve pressure and pain. The more you are able to do these procedures and avoid medications, the faster your immune response will be effective and the sooner you will be out of pain and begin healing. The sooner you can stop taking pain medication, the better it will be for your healing.

EXERCISES:

Exercises should be specific, performed at the right time and in a particular order. They should be simple and aimed at pain relief and stabilization at first. Seek advice from your chiropractic physician on when to do these exercises and how often. When performed correctly, rehabilitation exercises can be the key to avoiding multiple episodes of pain and maintaining the function of the muscles and joints.

Our goal here is to have you begin exercises as soon as the joint mobility has been restored sufficiently. Consistent and proper exercise rehabilitation will shorten your treatment time and help reduce recurrence of the same disorder.

We offer a video training featuring exercises specifically designed and proven effective if properly performed for the rehabilitation of this condition. These video files are available on our web page at www.holladayphysicalmedicine.com ---follow that link, then the exercise pulldown menu at the top center of the home page, choose therapeutic and then scroll down to:

neck

and perform them daily as soon as you can work it into your schedule. Along with the physical medicine we have recommended, it is the regular performance of these exercises that will get you well and keep you well.

MAINTENANCE:

Regular spinal adjustments and mild forms of physical therapy are important to reduce the symptoms on a regular basis. Patients who receive monthly spinal manipulation and therapy report fewer complications and improved life style. It is important that you follow your chiropractic physician's advice about the frequency of treatment for your particular condition.

OTHER INFORMATION:

We offer a wide variety of health information at our web site. www.holladayphysicalmedicine.com
All patients are welcome to use our information to improve your life and maintain your spinal health.

This information is provided to you as a health service by Dr. Bruce Gundersen, DC, DIANM. He is board certified by the International Academy of Neuromusculoskeletal Medicine and currently serves as chairman of the examination board for the Academy. He is also the President of the Utah College of Chiropractic Orthopedists and clinical director and chief clinician at Holladay Physical Medicine. He has practiced physical and regenerative medicine for over 40 years.