

# BE HEADACHE FREE IN JUST 5 MINUTES.....

YOUR STEP BY STEP GUIDE TO REDUCING YOUR  
HEADACHES AND GETTING YOUR LIFE BACK.



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Hi, I'm Sarah Jarratt, founder of Waverton Physio.

Did you know that ~47% of the global population suffer from headaches? That's massive! We understand what it's like to not be firing at your best; waking up tired and sore, finding it difficult to concentrate, and always reaching for the pain killers.

How would you feel if I told you you could wake up feeling refreshed, get back into the things you love and throw away the pain killers in just 5 minutes a day?

This brief guide will show you how your headaches will be a thing of the past in just 3 easy steps. Everyday, my team and I help people like you reduce their headaches and become pain free. We are looking forward to helping you back to your full potential and enjoying life once again.

*Sarah Jarratt*



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## 1. RELIEVE THE SYMPTOMS

Relieve your headache instantly without painkillers.



## 2. CORRECT THE CAUSE

20% of headaches are cervicogenic (caused by your neck).

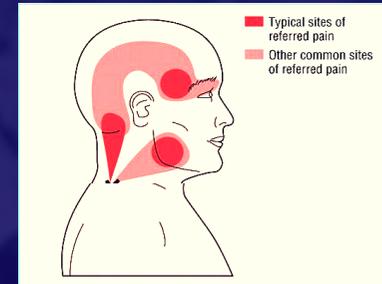


## 3. STAY PAIN FREE

Have the tools to keep your headaches a thing of the past.

# 1. GET RID OF YOUR HEADACHE FAST...

There are several types of headaches such as cluster, tension, migraine and cervicogenic. Cervicogenic headache is “a headache caused by a disorder of the cervical spine”, involving the bony joints typically C2-C3, the vertebral disc, nerves and/or soft-tissue structures such as muscles and ligaments. These can then send referred pain/ache into the back of the head, behind the eyes and/or the temple region.



To relieve the tension in the muscles at the base of the skull that contribute to headaches:

1. Sit upright or lie on your back with the head supported
2. Using your thumb, find the tender point as the muscle joins onto the skull. (Pressing this point should reproduce your headache).
3. Gently rub over this point until your headache subsides (no more than a few minutes).



4. You can repeat this by finding a similar tender point in the muscle at the base of the neck. Once you find the tender point, slowly tilt your head away from that side as your fingers stay in place.



## 2. ADDRESS THE UNDERLYING PROBLEM...

Causes of headaches include:

- Poor posture: forward head posture, slouching
- Activities that place stress on the neck- sustained awkward position of the neck eg weight training, carrying children
- Previous neck trauma (whiplash)
- Poor ergonomic desk set up
- Inappropriate pillow
- Sedentary lifestyle
- Stress



Does this look familiar?



Your spine should be straight

Your keys to fixing the problem...

- Avoid a 'poke neck' posture when sitting, driving, doing weights or carrying children
- Take regular breaks when sitting at your computer - no more than 30 minutes without changing position.
- Get your eyes checked - poor eyesight can contribute to bad posture.
- Try a new pillow. If yours is more than 12 months old, have it checked!
- Have your desk setup assessed by a professional.

### 3. STOP YOUR HEADACHE COMING BACK...

Regular maintenance is much more effective than trying to reduce your pain once you have a headache.

Try these 3 simple exercises every day to reduce muscle tension and improve posture.

1



Invest in a 'Neckrest' that specifically applies controlled pressure to joints.

2



Stretch the muscle at the side of your neck by tilting your ear to your shoulder. Hold 30 secs, repeat x 3.

3



Use a 'spikey ball' to relieve tension in the neck/shoulder muscles.

# YOUR NEXT STEP...

This guide will give you relief from headaches BUT is not a replacement for expert care. If you'd like to take control of your headaches and finally be PAIN FREE, your next step is to book a **'Headache Relief Session'** with one of our headache gurus.

In this session you will

- discover what is causing YOUR headaches
- receive a personalised plan to get you headache free FAST
- receive expert treatment to give you RELIEF and end your frustrating battle
- leave with clarity and certainty about how you can stay headache free.

This **Headache Relief Session** is normally valued at \$120, but it's currently GAP FREE (with health insurance) or just \$55 for non insured patients for a short time only!



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## SCHEDULE A CALL

A 5 minute chat to see if we can help you.

Ph 02 8084 4176 or  
email 'ring me' to  
[info@wavertonphysio.com](mailto:info@wavertonphysio.com)



## BOOK IT IN

Are you ready to be pain free?

Book your appointment now at  
[www.wavertonphysio.com/headache](http://www.wavertonphysio.com/headache)  
or email 'headache relief session' to  
[info@wavertonphysio.com](mailto:info@wavertonphysio.com)



## SHARE

With anyone you know who could benefit from headache relief!

**WE LOOK FORWARD TO  
HELPING YOU SOON.**



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