



Do you suffer from headaches? Migraines?

Did you know that neck problems can cause or maintain headaches? These articular and/or muscular problems are often caused by trauma or poor postures at work or during sleep.

The physiotherapists at **Physiothérapie Maheu Killens** have served as consultants to the Montreal Migraine Clinic for the past 12 years. Each physiotherapist at the clinic is a member of the Ordre Professionnel de la Physiothérapie and possesses the necessary post-graduate skills in manual therapy that are required to treat headaches.

Manual physiotherapy consists of a biomechanical evaluation in order to determine the articular and muscular factors that may be involved in the neck that can lead to headaches. From there, a specific treatment plan is developed for each patient. Treatment includes mobilizations or manipulation of the joints, specific flexibility techniques for the muscles, a program of exercises and some postural re-education. Research has shown that a large proportion of patients that are suffering from headaches have weakness in the deep stabilizer muscles of the neck. Specific exercises for these muscles can teach patients to better control their posture and decrease tension on the joints, all of which decreases the frequency and/or intensity of headaches.

If you have a problem with chronic headaches that are not responding to medication, do not hesitate to communicate with us. Our specialized approach has been quite successful in helping patients suffering from headaches.