



**In Motion
Spine and Joint Center**
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ABOUT US

Tension Headaches

DR.s & STAFF

The Tension-Type Headache is by far the most common form of headache accounting for about 90% of all headaches. They have multiple causes including stress, eyestrain, hunger, lack of sleep, bad posture, etc. The cause of your headache should be diagnosed by a doctor to rule out underlying pathology or differentiate from a migraine. This is especially true with a headache that is unresponsive to conventional treatments.

MASSAGE THERAPY

TREATMENT INFO

TMJ or Jaw Dysfunction is a common cause of tension headaches. Pain is usually just in front of the ear and can radiate around the ear or toward the temples. It can be associated with chewing, or even get bad at night for "clinchers."

GOLF PERFORMANCE ENHANCEMENT

PERFORMANCE ENHANCEMENT & INJURY PREVENTION

FAQs

Those with shoulder problems are set up for tension headaches as well. Tightness in the shoulder or weakness in the shoulder stabilizers forces other muscles to work overtime to accomplish tasks done with the arms above shoulder level. These victimized muscles like the upper traps and levators, which have sensitive attachments and often develop painful knots can perpetuate a headache. These headache sufferers often ask for shoulder massages and habitually stretch their own neck to try to relieve some of this tension. Pain is usually referred up and around the back side of the ear to the forehead or the temple.



BECOME A PATIENT

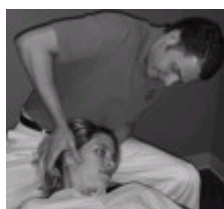
MAP & DIRECTIONS

CONTACT & HOURS

IN THE NEWS

HEALTH ARTICLES

LINKS



Postural imbalances are another heavy hitter. This presentation is associated with computer work, writers, or anyone that spends a lot of time with their neck flexed and their arms in front of them. Short and tight muscles for this person include the suboccipitals at the base of the skull, and the pecs. Stretched and irritated muscles for this person include the upper traps and the stabilizers of the neck and jaw. This person's headache will likely start at the base of the neck and go in a band around the head or behind the eye. Often it has been this way for so long that they can't maintain the correct posture or is very uncomfortable doing so.

At In Motion Spine & Joint Center we consider these problems and more in order to find the root cause of the person's headaches. This examination is used to guide treatment through muscle training by stretching and rehab or joint manipulation or both. And yes stretching and rehab exercises definitely apply to the jaw troubles mentioned above. For more information, please contact In Motion Spine and Joint Center at (615) 302-4747.

Dr. Ryan House, D.C., ART

[ABOUT US](#) | [DR.s & STAFF](#) | [MASSAGE THERAPY](#) | [TREATMENT INFO](#)
[GOLF PERFORMANCE ENHANCEMENT](#) | [PERFORMANCE ENHANCEMENT & INJURY PREVENTION](#) | [FAQs](#)
[BECOME A PATIENT](#) | [MAP & DIRECTIONS](#) | [CONTACT & HOURS](#) | [IN THE NEWS](#) | [HEALTH ARTICLES](#) | [LINKS](#)

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