



# HANDS-ON HELP FOR PATIENTS WITH headaches



BACK & NECK PROBLEMS

ORTHOPEDIC SURGERY

SPORTS INJURIES

PHYSICAL THERAPY

SHOULDER INJURIES

CHIROPRACTIC CARE

WRIST, HAND & ELBOW INJURIES

COMPREHENSIVE REHAB

KNEE INJURIES

PERFORMANCE ENHANCEMENT

HIP & ANKLE PROBLEMS

THERAPEUTIC MASSAGE

LIGAMENT & TENDON INJURIES

ACUPUNCTURE

Tens of millions of people suffer from migraine, cluster or tension headaches. The causes and treatments may vary widely depending on the type of headache, the duration and whether it is chronic or acute.

Headaches affect 65% of adult men and over 80% of adult women, according to the World Health Organization (WHO). About half the people who suffer from headaches do not receive treatment.

In the United States, headaches are one of the leading causes of missed work and school. The absenteeism, lost productivity and medical expenses cost American industry over \$50 billion a year.

Headaches generally fall into two groups. The largest group, about 80%, are tension headaches, most of which people treat with over-the-counter medications. People with this type of headache usually only seek medical help when the headaches occur daily.

The second group is "vascular headaches," which include migraines and cluster headaches and can be extremely debilitating. They involve blood vessels and may also involve the nervous system. Migraines affect about 18% of women and 6% of men at some time in their life, most commonly in their

most productive years, the 20s through the 50s.

Nearly 30 million people in the United States are affected by migraines, 70% of them female. About 90% of cluster headache sufferers, on the other hand, are male. These usually center around one eye and are called clusters because they occur in a series, several in a day for two or more months, and then they go away. Cluster headaches cause some of the most severe pain men can experience.

If your patient suffers from any kind of headache, REHABILITY can help. Our multi-disciplinary team works in concert to identify the cause and develop a unique treatment protocol for your patient. We have effectively treated headaches of all types for over a decade. We always put your patient first. In fact, no other rehab facility offers patients as many value-added services and amenities as REHABILITY.

The medical, physical therapy and chiropractic professionals at REHABILITY have helped many headache patients. There's an excellent chance we can help your patients, too. Call us and take advantage of the most experienced, complete and compassionate headache care available. We welcome and encourage your referrals.

## REHABILITY

Multi-Specialty Spine & Sports Medicine

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