

Learn how creating "Wellness Triggers" can prevent headaches and migraines

Because of poor posture, sitting in the same position for hours at a time, and doing repetitive tasks such as typing and talking on the phone, many people experience frequent headaches while on the job. Unable to concentrate, frequent headache sufferers are less productive and miss more work than other employees.

The good news is that painful headaches can be avoided by making slight changes to your posture, becoming aware of your working conditions, and stretching.

Our bodies were not meant to sit all day. We are designed to move. This is why it's important for you to be proactive about caring for your health rather than reactive. Pain is not a warning sign – it's a signal something is wrong. Moving, stretching, or doing any treatment once you are already experiencing pain is being reactive rather than proactive.

The specialists at Heritage Health recommend you create a "Wellness Trigger" to proactively care for your health. Put something in your workstation that reminds you to stop and stretch. This trigger can be anything – a photo, a bobblehead doll, a neon sticky note. Anything out of the ordinary that will grab your attention and "trigger" you to stretch and change positions throughout the work day.

How can physical therapy stop headache pain?

A careful history and physical exam by a physical therapist that has experience working with headache sufferers can help determine what treatment will be successful. The goals of physical therapy are usually to restore normal range of motion and muscle flexibility and eliminate pain. The physical therapist will also consult with you on posture, alignment and stretching muscles to both strengthen the muscles and help to alleviate future pain.

Visiting a physical therapist for your headache may not be your first thought. However, physical therapy is an essential component of any care plan that addresses headaches or other chronic pain complaints.

Consult your physical therapist for help in understanding the best work posture for you.

About Heritage Health

Heritage Health is a full-service healthcare facility specializing in the prevention and treatment of workplace injury. Our multi-disciplinary practice consists of chiropractic care, physical therapy, and acupuncture. **[Contact us today](#) at 303-694-1245 to make an appointment to discuss your headache or schedule a Heritage Health Work-Smart Posture Assessment™.**

