



Are headaches interrupting your life?



CENTRA

The Headache Center is committed to improving quality of life for our patients with headaches by finding the cause and providing individualized treatments.

Taking Headaches Seriously

Headaches may cause substantial discomfort and may severely affect an individual's ability to perform at work or school, enjoy family/social events, or limit the ability to perform normal daily activities.

Our team consists of a board certified neurologist and headache specialist, specialty trained advanced practice providers and physical therapists who are dedicated to identifying a personalized plan of care that will manage your headaches. The Headache Center offers comprehensive and multidisciplinary treatment options including nerve block injections, Botox[®] injections and referral to physical therapy for headaches caused by neck problems and muscular disorders.

Let us help you find the cause of your headaches and the right treatment plan.

For more information or to schedule an appointment, call

434.200.3630

TYPES OF HEADACHES



MIGRAINE



CLUSTER



CERVICOGENIC

The correct diagnosis of a headache is necessary in order to begin an effective treatment plan. Your physician or physical therapist will perform a physical and neurological exam and may ask you to complete a headache history. A few of the more common headaches that people seek treatment for are listed below, but there are other types of headaches.

Migraine

More than 37 million Americans suffer from migraines. This vascular headache is most commonly experienced between the ages of 15 and 55, and 70% to 80% of sufferers have a family history of migraines. The pain of a migraine is typically felt around the eye or temple area. Pain can also occur in the face, sinus, jaw or neck area.

Cluster

The cause is unknown but cluster headaches occur more often in men than women. Typical cluster headache characteristics include:

- Pain almost always one-sided
- Pain remains on the same side during a series
- Pain can occur on the opposite side when a new series starts

Cervicogenic (neck-related)

Pain originates in the neck radiating to the back of the head and projects to the forehead, eyes, temples or ears. There is abnormal tenderness in the neck muscles and pain may increase with neck movements. Radiating pain may occur in the upper extremities and there is often decreased range of motion in the neck. Women are four times more predisposed to neck-related headaches and 15 – 20% of all headaches are classified as cervicogenic.

Let our experienced team help you find the cause of your headaches and get you on the right treatment plan.

**DON'T LET HEADACHE OR NECK PAIN INTERRUPT YOUR LIFE,
CALL 434.200.3630.**