

HEADACHE

Approximately one in six people experience headaches; one in nine people experience migraines. Some episodes are severe enough to cause lost work or a visit to the physician or hospital for treatment. Children may even be affected by severe headaches or migraines that affect their schoolwork and recreational activities.

Clemens Physical Therapy can treat the areas of muscle tightness and spasm to help relieve your current pain and tension. Other contributing problems such as posture and stress are addressed to help keep headaches from coming back. We also understand the importance of giving you self-help tools to maintain your progress.

for more information, go to **SEARCH on our website menu and type in **HEADACHE***

TREATMENTS AT CLEMENS PHYSICAL THERAPY

Manual “hands-on” therapy:

Very gentle treatment designed with people with headaches and chronic pain in mind. The goal is to stretch tight muscles and joints without aggravating symptoms.

Modalities: Moist heat, ice, ultrasound, or electrical stimulation to decrease pain and inflammation and loosen tight muscles.

Biofeedback: Used to teach relaxation techniques or to retrain muscles to perform correctly and efficiently. Uses a computer screen to “see” body processes.

Exercise: Very gentle strengthening and stretching programs designed with people with headaches and chronic pain in mind. The goal is to restore function and prevent future problems.

Education: Addresses safe lifting techniques, work/activity modification, posture awareness, and prevention measures. Self-help treatments to help you maintain your progress.

Clemens Physical Therapy PLLC

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CLEMENS PHYSICAL THERAPY, PLLC

Why We Are Unique

- Years of expertise and extensive specialization in the areas of chronic pain and women's health
- Treatment is one-on-one
- Most treatment sessions last one hour but may be shorter or longer depending on your needs
- An initial evaluation/exam is performed on the first visit to determine your needs for treatment
- A plan of care for treatment is developed to address your needs and concerns
- We will answer any questions you may have
- Care is provided in a small, comfortable setting
- We specialize in the treatment of painful conditions and will tailor the intensity of rehabilitation to your tolerance
- Exercises and stretches will be used to help you reach your goals and to help prevent future problems
- Treatment does not involve surgery or medications
- Treatment works well along with medication or other medical treatments

How to be seen at Clemens Physical Therapy

- Treatment is covered by most insurances
- Insurance coverage may require a Doctor's referral
- Referrals can be faxed to 304-842-0060
- Appointments can be scheduled by calling 304-842-6008
- We offer convenient hours including late appointments most days to accommodate your busy schedule
- We understand your time is valuable. We typically see patients at their scheduled appointment time with little to no wait
- Please call if you cannot make your appointment for any reason. We do not double-book patients—your time is set aside specifically for you. If you are unable to come, we can offer that appointment to someone else that needs it.
- We accept Visa, Mastercard, and Discover
- **Please feel free to ask any questions you may have.**
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