

Tension Headache Stretches

Name	Age	Date
Michael Andrews	45	Feb 9, 2024

This template provides a series of stretches designed to relieve tension headaches. These exercises aim to reduce muscle tension in the neck, shoulders, and head, areas often contributing to headache pain.

Instructions for Health Professionals

1. Review the stretches with your patient, ensuring they understand each movement's purpose and technique.
2. Advise your patient to perform these stretches gently and stop if they experience any pain or discomfort.
3. Recommend a routine for performing these stretches, such as twice daily or whenever headache symptoms begin to appear.

1. Neck Flexion Stretch

Gently bend your head forward, bringing your chin toward your chest until a stretch is felt in the back of your neck. Hold for 15-30 seconds.

Customize repetitions based on patient's comfort level.

Repetitions: 5 _____

2. Lateral Neck Stretch

Tilt your head to one side, aiming to bring your ear toward your shoulder until you feel a stretch on the side of your neck.

Customize repetitions based on patient's comfort level.

Repetitions: 5 _____

Sides:

Left

Right

3. Shoulder Rolls

Slowly roll your shoulders in a circular motion, forward and then backward. 5-10 seconds per roll.

Customize repetitions based on patient's comfort level.

Repetitions: 5 _____

4. Neck Extension Stretch

Tilt your head backward, looking up at the ceiling until a stretch is felt in the front of your neck. Hold for 5-10 seconds.

Customize repetitions based on patient's comfort level.

Repetitions: 5 _____

5. Shoulder Blade Squeeze

Bring your shoulder blades together as if trying to hold a pencil between them. Hold for 5-10 seconds.

Customize repetitions based on patient's comfort level.

Repetitions: 5 _____

Patient Experience

Did you find any particular stretch more beneficial?

The neck flexion and shoulder blade squeeze provide the most relief

Healthcare Professional's Additional Notes and Recommendations

Given Michael's habitual poor posture at work, leading to tension headaches, it's critical to focus on exercises that directly counteract these postural issues. The Neck Flexion Stretch and Shoulder Blade Squeeze are particularly beneficial in this regard. To further address his posture and reduce headache frequency, I recommend:

- Incorporating ergonomic adjustments to Michael's workstation, such as ensuring the computer monitor is at eye level and using a chair that supports the lower back.
- Setting regular reminders to take short breaks from sitting, encouraging movement and