

## INSURANCE

Patients should contact their insurance provider to determine coverage before making an appointment.

## LOCATIONS

Assessments are primarily completed at the locations listed below. However, accommodations can be made for home visits.

Carle Urbana North Annex  
810 W. Anthony Dr., Urbana, IL  
(217) 383-3400

Carle Neuroscience Institute  
610 N. Lincoln Ave., Urbana, IL  
(217) 326-1903

Carle Therapy Services Mattoon/Charleston  
5731 Park Dr., Charleston, IL  
(217) 238-5666

The Carle Foundation complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-217-383-2543.

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-217-326-0340.

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# Help for Head Pain

CARLE THERAPY SERVICES



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Neck (cervical spine) problems can cause temporomandibular joint (TMJ), headaches, facial pain and even migraines. These are called cervicogenic headaches.

Our expertly trained physical therapists can be very effective at relieving headaches and migraines. The neck may be involved if the head or facial symptoms:

- Are usually on one side.
- Can alternate left and right sides.
- Include pain or tightness in the neck, shoulders, shoulder blades or mid back.
- Include pain or numbness/tingling in the arms or hands (one or both).
- Increase with movement of the head or neck.
- Increase with poor posture.
- Are often worse upon waking.
- Haven't responded to traditional headache/migraine treatments.

These symptoms frequently come from the neck and often respond to spine therapy:

- Headache.
- Migraine (all types).
- TMJ pain, clenching, grinding.
- Tinnitus (ringing of the ears).
- Mid-back pain.

- Shoulder blade pain.
- Balance, gait problems.
- Tired/heavy eyes.
- Prolonged concussion symptoms.
- Trigeminal Neuralgia.
- Unexplainable:
  - Tooth pain.
  - Ear pain/fullness.
  - Sinus pain/pressure.
  - Sinusitis.
  - Visual disturbances.
  - Tearing eyes.
  - Dry eyes.
  - Dizziness/vertigo.
  - Nausea/vomiting.

### PREPARING FOR THE FIRST VISIT

Patients should expect to discuss detailed history of symptoms. A therapist will move the head and neck in gentle, small, meticulous movements and monitor symptoms. Predictable changes in the head and face symptoms will guide the therapist's exam until relief is found.

Patients may find pain relief on their first visit. They'll learn how to relieve pain with a targeted, customized home program. Physical therapists will provide an exercise program, pain-relieving posture strategies for home, work and sleep, and biomechanics education to discover pain triggers.

### REFER A PATIENT

Choose one of these three convenient ways:

- Submit an internal referral through Epic.
- Call us with the referral at (866) 402-2753 or (217) 383-4040.
- Fax a prescription to (217) 383-6176.