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## Holding Headaches at Bay

Diane Mora, Massage Therapist

Many people suffer from chronic, frequent headaches. Frequent headaches are not normal, however. Regularly scheduled bodywork sessions can greatly reduce tension headaches and can even help prevent them altogether by addressing the root of the problem.

Many people described a tension headache as one that starts at the base of the skull and then moves in an arc over the ears and behind the eyes. Tension headaches are exaggerated by stress and are most often caused or exacerbated by poor posture, work station positions, and body mechanics, creating undue stress on the upper neck muscles.

A tension headache, by its very name, implies the presence of stress and tension. Massage, on the other hand, promotes relaxation and relieves muscle tension. When muscles become tight due to stress or poor posture, they eventually adapt a chronically shortened state. Swedish massage teaches the body how to let go of muscle tension and resets muscle tone.

Another primary cause of chronic headaches is poor posture, which produces tension in the neck and shoulders because the weight of the head is not properly balanced on top of the spine. By selectively freeing the soft tissues, massage can help change postural alignment and remove the stresses and strains on the muscles that cause headaches. Deep tissue massage techniques help free the connective tissue "glue", creating a new way for the muscle to function.

Remember, regularly scheduled bodywork sessions can greatly reduce headaches as well as your need for medication to address them. Remember, headaches are not normal, and you don't have to live with them. Call to schedule your tension-busting BREAKTHRU massage today!

*Article adapted with permission from Associated Bodywork and Massage Professionals (ABMP))*

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