



## Chronic Migraine Sufferers

### More than Twice as Likely to Have Muscle & Joint Disorders

Phone: 860-763-2225  
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143 Hazard Avenue  
Enfield, CT 06082

[www.EnfieldHealth.com](http://www.EnfieldHealth.com)

*One-to-One Treatment Always  
with a Licensed Professional*

#### Your Therapy Team

Katie Myers, DPT  
Melissa Doten, MPT  
Jennifer Meier, MPT, CLT  
Jennifer Cavanaugh, PTA  
Kevin Sadowski, BSN, DC,  
Cert MDT

**3,000 square foot facility  
with private treatment  
rooms**

#### Providing Physical Therapy for:

Orthopedic Complaints  
Post Surgical Rehab  
Work Injuries  
Auto Injuries  
Back Pain  
Neck Pain  
Vertigo / Vestibular Rehab  
Lymphedema  
Headaches

Functional Capacity Evaluations

#### Specially Certified In:

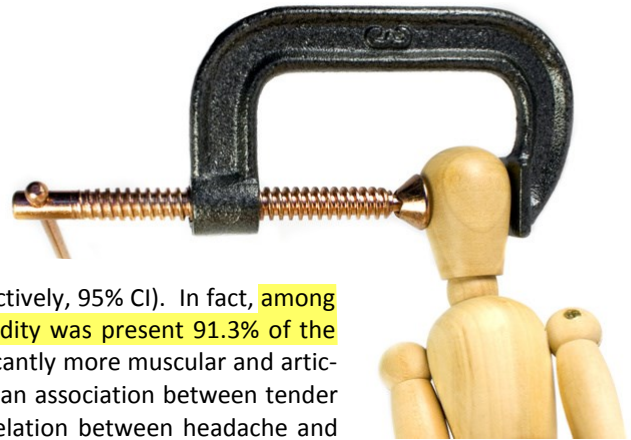
McKenzie Technique  
Lymphedema Management  
Vestibular Therapy  
Gaston Technique  
Mulligan Technique  
Functional Capacity Evaluations

#### Payment

Accepting Medicare and most  
major insurance. Letters of  
protection accepted.

Migraines are a common condition reaching a prevalence of 17% among women.<sup>1</sup> The association between migraine headaches and temporomandibular disorders (TMD) has previously been described in the literature,<sup>2-6</sup> but older studies inferred the presence of TMD from symptom reports. Earlier this year, *The Brazilian Journal of Physical Therapy* published a blinded study in which migraines were diagnosed by a neurologist and TMD was diagnosed by a physical therapist using the Research Diagnostic Criteria for Temporomandibular Disorders.<sup>7</sup>

Researchers assessed 122 women for migraines and TMD. Compared to subjects with no migraines, subjects with episodic migraines and chronic migraines proved significantly more likely to have TMD (odds ratio 3.15 and 3.97 respectively, 95% CI). In fact, among women with chronic migraines, the TMD comorbidity was present 91.3% of the time. The subjects with migraines also had significantly more muscular and articular tender points. Other studies have also found an association between tender points and headaches and have suggested a correlation between headache and myalgia or myofascial syndromes.<sup>8</sup>



To mitigate the potential role of central sensitization in the diagnosis of TMD, the researchers excluded patients with cutaneous allodynia, patients with an active migraine attack, and patients who had taken an analgesic in the past 24 hours. The current study adds evidence to the assertion that TMD exacerbates primary headaches and may complicate the management of migraines. The authors conclude that these findings support the role of physical therapy in the initial assessment of migraines and in their treatment.

A physical therapy evaluation can identify orthopedic factors that may contribute to the frequency and severity of migraines. At Enfield Health & Wellness Center, an assessment of patients complaining of headaches can include posture evaluation, range of motion (especially spine, TMJ, and shoulders), neurologic screen, manual examination of muscles and joints, and other orthopedic tests. When we identify factors that may be contributing to the headaches, intervention can include targeted progressive exercises, mobilization, manipulation, posture training, ergonomic teaching, and equipment recommendations (e.g. cervical pillows, home traction devices, etc.). **By including Enfield Health & Wellness Center in the assessment and treatment of migraines, doctors may be able to remove important roadblocks to optimal management.**



## A Great Place to Get Better

Enfield Health & Wellness Center has a clean, comfortable, 3,000 square foot facility with private treatment rooms and ample parking. Check out [www.EnfieldHealth.com](http://www.EnfieldHealth.com) for a photo tour.

**Enfield Health & Wellness Center**

## REFERENCES

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