Absolute Physical Rehabilitation

Headaches

Common Causes of Headaches:

Stress and Tension
Poor Posture
Muscle Tightness
Whiplash Injury
Lack of Sleep
Migraines

1. What type of headache do you have
2. Keep track of headaches
3. Set up a free consultation
4. Cure your headaches

Physical therapy can help

- Strengthen postural muscles
- Learn good posture habits to decrease strain on your neck
- Decrease muscle tightness with manual therapy and stretches
- Learn relaxation techniques

Call us!! 808-235-7999

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45-1144 Kamehameha Highway Suite 305, Kaneohe, HI 96744
www.absolutephysicalrehab.com