



**Physio Connex**  
Injury Management and Sports Rehabilitation

# Headache and TMJ Clinic



**Do you have patients that are affected by headaches or migraines?**

Headache is a common disorder with an estimated lifetime prevalence of 96% and a point prevalence of 16% (1). Over 70% of persons with frequent intermittent headache report neck symptoms associated with their headache (2), which may encourage delivery of treatment to the cervical region. It is proposed that the cervical spine may contribute to different types of headache such as migraine and tension type headache (3).

Andrew Alexander has a special interest in the assessment and management of headache disorders. He uses a combination of lifestyle management strategies, manual therapy, dry needling and exercise to effect lasting change. Andrew has also completed a Post-Graduate certificate in Musculoskeletal physiotherapy which has further finessed his evidence-based treatment.



1. Rasmussen BK, Jensen R, Schroll M, Olesen J. Epidemiology of headache in a general population—a prevalence study. *Journal of Clinical Epidemiology* 1991;44:1147–57.
2. Henry P, Dartigues JF, Puymirat C, Peytour P, Lucas J. The association cervicalgia-headaches: an epidemiologic study. *Cephalalgia* 1987;7(Suppl. 6):189–90.
3. Watson D. Cervicogenic migraine. *Manual Therapy* 1995;1:51–2.

P (02) 4314 5183  
F (02) 4311 2384  
admin@physioconnex.com.au

Unit 4a / 1 Pioneer Avenue  
Tuggerah NSW 2259  
(Tuggerah Business Park)

[www.physioconnex.com.au](http://www.physioconnex.com.au)

