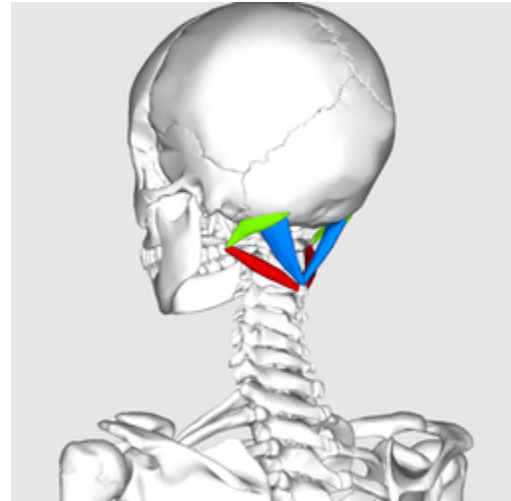


Reducing Tension Headaches

Tension headaches can start at the base of the skull, and spread to the back of the head, neck, forehead and face. There are a number of factors that contribute to tension headaches, one of which is increased muscle tension along the neck, shoulders, and jaw. One method to alleviate muscle tension is to target the suboccipital muscles.

The suboccipital muscles connect the base of the skull to the neck and contribute to movements of the head. When these muscles are tight, they can compress nerves that innervate the head. Deep pressure will help reduce some of the tension in these muscles.



Take two tennis (or lacrosse) balls and place them inside a sock, knotting the ends. Lie down on your back and place the tennis balls right at the base of your skull. Maintain this position for 5-10 minutes. This may be uncomfortable at first, but your headache should be reduced afterwards.

