

7 Days to Headache Relief: A Simple Plan to End the Pain



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7 Days to Headache Relief: A Simple Plan to End the Pain

Hi, I'm Dr. Bobby Mozafari, founder of Integrated Sport, Spine and Rehab, and I help active individuals recover from painful orthopedic conditions so they can rapidly relieve pain, regain mobility, and optimize their physical performance through evidence-based physical therapy and chiropractic care.

I do this by combining years of specialized experience, advanced techniques, and a commitment to professional care. Ensuring each of our patients at Integrated Sport, Spine and Rehab receives professional support to improve their movement and quality of life.

I've had the privilege of working with countless individuals who are now moving better, performing at their best, and enjoying active, pain-free lives again.

It's time to take control of your health and get back to living pain-free.

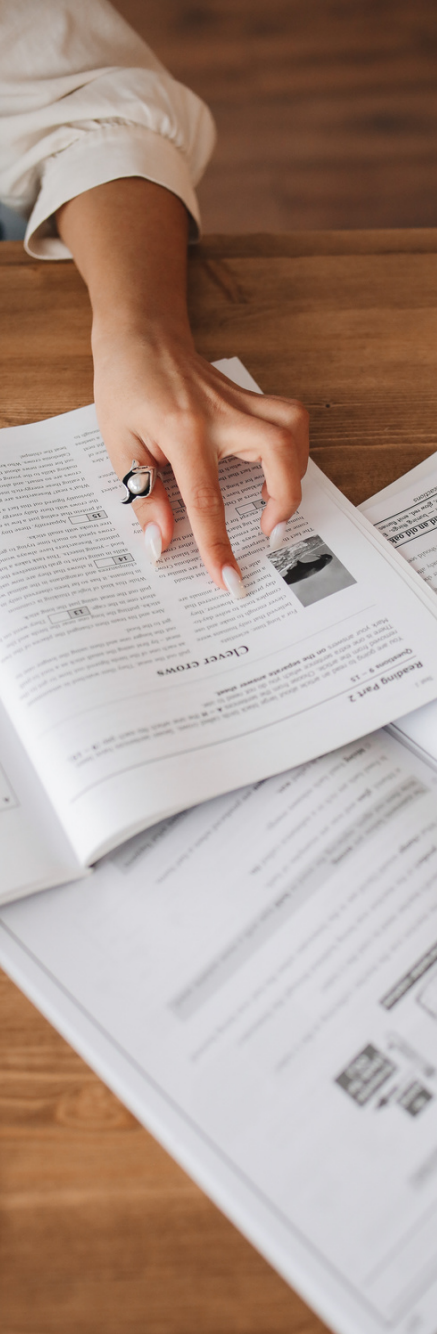
Bobby Mozafari





Congrats on taking a Smart Proactive step towards Relief!

- Tired of headaches? This guide helps you find relief and take control of your health.
- Do you spend a lot of your day sitting (in a car, in Zoom meetings, etc.)? If so, you may notice that what used to be a once-in-a-blue-moon headache has become a frequent occurrence.
- Performing repetitive tasks with a forward head posture for slouched posture, or what professionals call a *hyperkyphotic thoracic spine*, for extended periods of time is how most people spend their day. Our modern lifestyle and work style has resulted in a toxic combination of long hours on the computer at work, longer commutes sitting in our car, and a healthy dose of texting throughout the day. All of these factors combine to create muscle imbalances, postural changes, vascular and neurological stress that can lead to chronic tension headaches.
- Tension headaches currently account for over 90% of all headaches and affect over 20% of the population. Other common types include cluster and migraine headaches. Headaches result in over 157 million days from work with societal cost of over \$50 billion per year. It's a big deal.
- This **7-Day Smart Guide to Headache Relief** has been carefully curated from the latest healthcare and medical research.

A close-up photograph of a person's hand, wearing a ring, pointing to a page in an open book. The book appears to be a guide or manual, with text and small images visible on the pages. The background is a wooden surface.

How Does this **Smart Guide** Works?

- The **7-Day Smart Guide** has a calendar with a routine for each day. Below the calendar are lessons that function according to the program.
- The program can be adjusted to fit your needs by changing the stretches and exercises that fit your lifestyle the best.
- To get the best results possible, we recommend you take three easy action steps:
 1. Read and implement the tips and techniques in this smart guide.
 2. Follow our practices' Facebook page for a Daily Dose of Inspiration and additional health strategies to live your best life.
 3. Be on the lookout for our upcoming emails, for more of our favorite tools to find even more relief. If you have any questions or would like to schedule for evaluation at our practice, give us a call. We're here to help you find better health and lasting relief.

What will you **need**?

The inspiration to improve your life and find relief!!

Headache Relief **Smart Course** Calendar

DAY 1	DAY 2	DAY 3	DAY 4
MINDSET "The greatest wealth is health." – Virgil (Publius Vergilius Maro)	MINDSET "The best investment you can ever make is in your own health."	MINDSET "The groundwork of all happiness is in good health." – James Leigh Hunt	MINDSET "Your body is your most priceless possession... So, go take care of it!" – Jack Lalane
EXERCISE Head retraction, Head flexion/extension	EXERCISE Head retraction, Head flexion/extension	EXERCISE Head retraction, Head flexion/extension	EXERCISE Head retraction, Head flexion/extension
SLEEP Did you get 7-9 hours of healthy sleep?	SLEEP Did you get 7-9 hours of healthy sleep?	SLEEP Did you get 7-9 hours of healthy sleep?	SLEEP Did you get 7-9 hours of healthy sleep?
DAILY REMINDER Drink an extra glass of water	DAILY REMINDER Drink an extra glass of water	DAILY REMINDER Drink an extra glass of water and eat at least 1 meal focused on anti-inflammatory foods	DAILY REMINDER Drink an extra glass of water and eat at least 1 meal focused on anti-inflammatory foods

Headache Relief **Smart Course** Calendar

DAY 5	DAY 6	DAY 7
MINDSET "It's never too early or too late to work towards being the healthiest you!"	MINDSET "Life is not merely being alive but being well." – Marcus Valerius Martiali	MINDSET "A good laugh and a long sleep are the best cures in the doctor's book." – Irish Proverb
EXERCISE 2X Head retraction, Head flexion/extension	EXERCISE 2X Head retraction, Head flexion/extension	EXERCISE 2X Head retraction, Head flexion/extension
SLEEP Did you get 7–9 hours of healthy sleep?	SLEEP Did you get 7–9 hours of healthy sleep?	SLEEP Did you get 7–9 hours of healthy sleep?
DAILY REMINDER Drink an extra glass of water and eat at least 2 meals focused on anti-inflammatory foods	DAILY REMINDER Drink an extra glass of water and eat at least 2 meals focused on anti-inflammatory foods	DAILY REMINDER Drink an extra glass of water and eat at least 2 meals focused on anti-inflammatory foods



3 Easy Movements You Can Do to Make the Pain Go Away

- Here are three easy stretches/exercises that you can perform each day to help reduce the likelihood of struggling with headaches.

1 Thoracic Extension

Starting Position: Place your hands behind your head while you're sitting in a chair with your feet on the floor.

Movement: Bend backwards through the ribcage as best you can.

Muscle(s): Pectorals, abdominals, deep neck stabilizers, trapezius

Purpose: Thoracic mobility, neck strength, headache reduction.



3 Easy Movements You Can Do to Make the Pain Go Away

2 Head Retraction

Starting Position: Begin seated or standing, looking forward with shoulders back with a good neutral posture.

Movement: Activate core muscles. Attempt to draw head directly backward. Maintain a level head position. Do not tilt your head up or down. Hold for two seconds. Return to the start position and repeat for prescribed repetitions and sets.

Muscle(s): splenius, semispinalis capitis, semispinalis cervicis, longissimus capitis, longissimus cervicis, longus capitis, longus colli.

Purpose: Increase neck strength and muscular endurance.



3 Easy Movements You Can Do to Make the Pain Go Away

3 Head Flexion and Extension

Starting Position: Begin by sitting upright in a chair. Maintain good posture, positioning self on sit bones (ischial tuberosities) so that spine is in a neutral position.

Movement: Activate core muscles—Flex chin to chest. Hold 5 seconds. Extend head up and back. Hold for 5 seconds and relax. Repeat for prescribed repetitions and sets.

Muscle(s): longus colli, longus capitis, splenius, semispinalis cervicis, semispinalis capitis, longissimus cervicis and longissimus capitis.

Purpose: Correct neck imbalances and restore function.





Why Do I Have Headaches If I Sit All Day?

- Here are a few of the most common reasons why sitting can cause headaches:

WORKING WITHOUT BREAKS

Headaches can begin if you aren't moving enough. Prolonged periods of sitting without breaks can cause your neck muscles to tighten up.

Tight muscles around your head and neck can contribute to headaches. Make sure you get up from your desk at least once per hour to prevent muscle stiffness.

STARING DOWN AT A PHONE OR BOOK

Looking down prolonged periods can result in your neck muscles becoming tired, sore, and painful. Often this can lead to headaches. This type of pain syndrome is now so common that it has its name - *Tech Neck*.

Try to **look up** by holding book or phone at eye level to relieve some of your head and neck stress caused by looking down.



Why Do I Have Headaches If I Sit All Day?

- Here are a few of the most common reasons why sitting can cause headaches:

PROLONGED POSTURES

Slouching or forward head posture can also cause headaches. Research shows that, in most cases, it isn't your posture that's the problem, but how long you hold it.

Try doing exercises to strengthen your core muscles to maintain better postural variability throughout the day and be as pain-free as possible.

SLEEPING

Sleeping on your stomach can strain your neck because your head is turned to the side for an extended period. Try sleeping on your back or side instead, using pillows that keep your spine and neck straight. If your head tilts up or down, adjust your pillows.

Even if you do these things, you might still experience neck pain if you stay in one position all night.

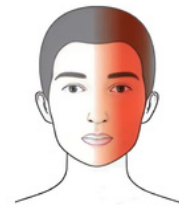
What **Type of Headache** Do You Have?

- Headaches affect everyone differently, from fatigue and blurred vision to a stiff neck or simply an inability to function. While the experience varies, one thing is clear: headaches are “not normal”.
- Understanding the type of headache you have is the first step towards finding relief. Here are some of the most common types of headache:



TENSION

Tension headaches, common in 20% of people, cause a constant dull pain on both sides of the head. Triggers include stress, anxiety, depression, dehydration, loud noises, lack of sleep, and inactivity. Maintaining a healthy lifestyle can help prevent and reduce these headaches.



MIGRAINE

Migraines come in all shapes and sizes. Typically, you will feel a throbbing on one side of your head. This type of headache can be incredibly painful and can last up to 3 days. You may feel nauseous, have difficulty speaking, or even be sensitive to light, sound, or smell.



CLUSTER

Cluster headaches are usually experienced more by men than by women. You will generally feel an intense burning or even a piercing feeling behind or around one of your eyes. These usually come when you least expect them and can last anywhere between 15 minutes to 3 hours.

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This **7-Day Smart Guide to Headache Relief** should help you start to find relief from headaches by incorporating proven movement, diet and sleep strategies.

If you haven't yet become part of our health tribe, please visit our Facebook Page where each day we share a Daily Dose of Inspiration to help keep you positive and moving forward in your life.

Headaches don't need to control your life. If you have any questions, experience any setbacks during your seven days, or would like to accelerate our results, give us a call today or schedule on appointment!

[**SCHEDULE AN APPOINTMENT**](#)



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