

## Patient Success Story

*My name is Kathy and I have absolutely loved the PDR therapy program. I was referred to PDR by my doctor after my neck surgery in October of 2009. The stretching and strengthening techniques that I learned from attending 12 weeks of therapy will help me for the rest of my life. As a result of my therapy program, I no longer have headaches. The pain in my mid back has improved by 90% and my range of motion has gotten 100% better. I also have better pain management techniques. I have met and worked with so many fabulous doctors and therapists who really care about my well-being and progress. Thank you so much for all of your help.*  
- Kathy

Visit our website at [www.PDRclinics.com](http://www.PDRclinics.com)  
for additional success stories.

## Insurance

We have contracts with most medical plans,  
including the following:

BlueCross/BlueShield Preferred One	HealthPartners Medica
America's PPO	Medicare
Patient Choice	UCare
MN Health Care Programs	Humana

PDR Clinics is a participating provider to most health insurances. Most auto insurance and workers compensation plans cover our services as well. For questions regarding billing and/or insurance, call (952) 908-2700.

## PDR Clinics' Locations

### **Burnsville Clinic**

172 Cobblestone Lane  
Burnsville, MN 55337

Ph: (952) 908-2710 Fax: (952) 908-2711

### **Chanhassen Clinic**

18912 Lake Drive East  
Chanhassen, MN 55317

Ph: (952) 908-2730 Fax: (952) 908-2731

### **Coon Rapids Clinic**

320 Coon Rapids Blvd. N.W., Suite 100  
Coon Rapids, MN 55433

Ph: (952) 908-2580 Fax: (952) 908-2581

### **Edina (Southdale) Clinic**

6700 France Avenue, Suite 230  
Edina, MN 55435

Ph: (952) 908-2700 Fax: (952) 908-2701

### **Maplewood Clinic**

1856 Beam Avenue, Suite 100  
Maplewood, MN 55109

Ph: (651) 777-6507 Fax: (651) 777-6196

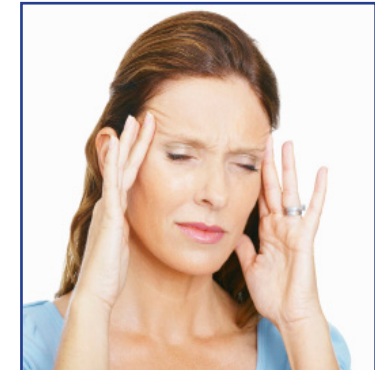
Please visit our website for direction details at  
[www.PDRclinics.com](http://www.PDRclinics.com).

### **Clinic Hours:**

Monday - Thursday 6:00 a.m. to 8:00 p.m.  
Friday 6:00 a.m. - 5:30 p.m.



## Headache Program



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

# Headaches

# Our Treatment Program

Headaches can be a result of traumatic injury to the neck and/or postural issues. The body's natural response to trauma is to lay down scar tissue around the affected joints for stabilization which can cause a loss in range of motion as well as postural issues. Whatever the cause, the specialists at PDR can help. We treat patients with various types of headaches, including:

## Occipital Headache

- Occipital nerves can get compressed and/or inflamed causing muscle spasms and pain along the occipital nerve.
- Pain usually begins at the base of the skull and moves up into the head.

## Cervicogenic Headache

- A referred HA caused by a disorder or lesion in the neck, such as whiplash injury, pain usually begins at the base of the skull and moves up into the head.
- Head & neck movement can increase pain, and the base of skull can be tender to the touch.
- Impairments in strength and endurance of the neck muscles are defining features of this type of HA. Research shows that strengthening these muscles can reduce the frequency and severity of these HA's.

## Tension Headache

- Mild to moderate in intensity, these HA's can feel like a tight band around the head but do not generally throb or pulse.
- Can be triggered by stress, neck strain, lack of sleep, &/or poor posture (esp. with prolonged computer use).

## TMJ (Jaw) Dysfunctions (TMD) Headache

- Head pain can be felt in eyes, ears, scalp, forehead, cheeks, or teeth; with or without jaw pain.
- Poor posture, teeth clenching &/or night grinding can contribute to TMD and cause HA's.

At Physicians' Diagnostics & Rehabilitation Clinics, we understand that chronic headaches can take a toll on one's life. PDR is here to help. Our top priority is to improve the quality of life for our patients.

PDR Clinics' MedX rehab and deep tissue therapy techniques have been shown to be very effective in breaking down scar tissue, increasing range of motion, improving posture and reducing headache pain. MedX also serves to increase muscle strength and stability in these joints, which causes the "remodelling of the muscles" and ultimately long term-benefits.

- The most common muscles to become weak for those with neck dysfunction are the deep cervical flexors. At PDR, we teach specific exercises that will strengthen these muscles to improve posture and decrease strain on the spine, which can decrease neck pain and HA's.
- Medical literature suggests that the success of physical therapy for the long-term prevention and control of headaches appears greatest in patients who are involved in ongoing exercise and physical conditioning programs, including regular aerobic exercise. Our exclusive core circuit training program provides whole-body conditioning in just 30 minutes!
- Manual therapy has been shown to be helpful for reduction of HA's. At PDR, our therapists have completed post-graduate training in various manual therapy techniques to treat the cervical spine (neck) to effectively reduce HA's.

Other techniques that may be used include:

- Cervical traction
- Kinesiotape
- Cervical stretches
- Treating TMJ Dysfunction via manual therapy, modalities, education &/or jaw exercises
- Deep tissue massage



**73% of our patients report a 50-100% reduction in their headaches after completing our program.**