



**Marino TherapyCenters**  
Since 1977 and Still Your First Choice  
Physical Rehabilitation "Centered on You"  
Division of The TherapyCenter, Inc.



NATIONAL HEADACHE  
AWARENESS WEEK

JUNE 1-7, 2008

## FACT: 78% adults suffer from tension headaches

Research has found when **Physical Therapy** is utilized for the treatment of HEADACHES:

- 🦋 **Number** of days with HEADACHES decreases.\*
- 🦋 **Frequency** of HEADACHES decreases.\*
- 🦋 **Drug consumption** decreases.\*

**Physical Therapy** treatment addresses the musculoskeletal component with

- 🦋 **Manual Therapy** and joint mobilizations for cervical spine, TMJ and postural muscles.
- 🦋 Modalities to decrease pain and inflammation to promote healing.
- 🦋 Education for habit control and self-management techniques with the use of therapeutic activities and use of surface EMG for relaxation techniques

**Marino TherapyCenters** have what HEADACHE sufferers need!

Our therapists at **Marino** attend extensive continuing education courses from The North American Institute of Orthopedic Manual Therapy for certification in manual therapy.



### Locations:

**Cedar Bluff**  
690.2671

**South**  
579.4895

**Oak Ridge**  
482.7730

**North**  
687.1512

**Farragut**  
966.8933

**Maryville**  
983.8129

\*Torelli et al 2004