

WHERE DOES YOURS START?

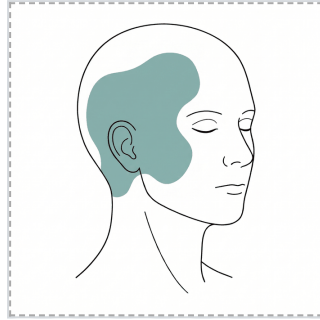
Four patterns. One of them is probably yours.

Headaches get treated as though they're all the same. Where yours starts, and where it travels, tells you more than a scan did.



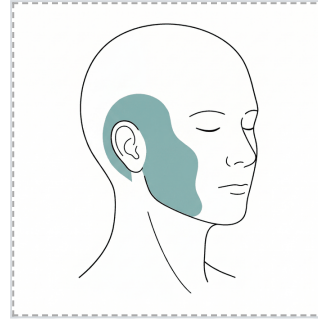
1

Base of the skull, up and behind the eye. Same side each time. Worse on waking.



2

Upper neck into the temple. A band or a squeeze, not a throb. Often with a tight jaw.



3

Jaw, in front of the ear, into the cheek. Worst first thing. Sometimes clicking.



4

No clear starting point. One whole side. Comes in episodes, not most days.

WHAT THAT MEANS

1, 2 and 3 all start somewhere other than your head. They begin at the top of the neck or the jaw, and travel.

4 is different. That one belongs with your doctor.

That's why a scan of your head comes back clear. It photographs where you feel it, not where it comes from.

Recognising more than one is common. It's the same problem showing up in more than one place.

SEE A DOCTOR FIRST IF

- Sudden, severe headache unlike any before
- Fever, neck stiffness, or rash
- Weakness, numbness, slurred speech, or vision changes
- After a head injury
- Steadily worsening week on week
- New pattern starting after 50

Nothing here is a diagnosis.

RECOGNISED 1, 2 OR 3?

Next step is someone assessing the upper neck and jaw. About an hour. An answer instead of another thing ruled out.

BOOK A CALL →

fixurmotion.com/headache-program