

Happy St. Patrick's Day

March Newsletter



## Got Headaches?



### *A physical therapist's experience...*

Half the world's population has headaches! These headaches range from mild headaches that resolve on their own, to severe migraine headaches and chronic severe headaches. In the 30 years I have been seeing patients, almost half of my patients have come with the diagnosis of headache. **Based on research and my own experience, physical therapy can significantly improve or resolve almost all headaches.** The strategies a physical therapist uses can help reduce your dependency on medication, reduce the intensity and frequency of your headaches or completely resolve your headaches.

[Read More](#)



## Are your headaches related to TMJ?

TMJ pain is caused by problems relating to the jaw joint (TemporoMandibular Joint). Problems with this joint can cause pain throughout the head and face. Specifically, symptoms include:

- locking, clicking and popping of the jaw
- headaches

- jaw pain
- facial pain

If you think these symptoms might describe what you're experiencing, try these simple exercises to reduce or completely eliminate your pain.



## Real People. Real Stories.

*"My dentist referred me to Steve Cassabaum of 21st Century Rehab to get help with face, neck, and TMJ pain. Steve explained what TMJ is with a visual of the jaw, nerves and alignment and shared his treatment plan with me. As we worked on therapy, he also supplied reference and diagrams of the procedures so I could work on them from home. Within a few weeks, I was feeling less pain and recovering.*



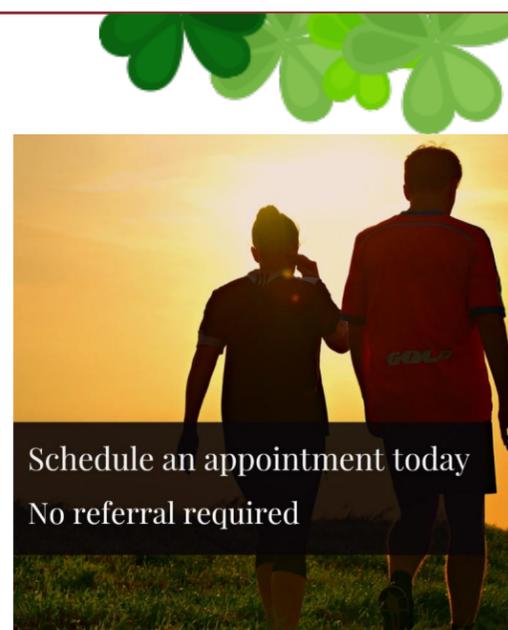
*I am thankful for 21st Century Rehab, and I want to thank Steve Cassabaum for his expertise in treating my facial, neck, and TMJ pain. Steve is the only person I have EVER known that can treat TMJ and teach techniques in a manner that his patients can continue the exercises at home with confidence. Thank you, Steve; you make a difference!*

*My experience at 21st Century Rehab has been so remarkable I am happy to refer them to my family, friends and acquaintances."*

*-Sheri O.*

## Work well. Play well. Live well.

When you're in pain, the last thing you should be worried about is how far out of your way you'll have to go to get relief. Fortunately, no matter where you are in central Iowa, you're close to 21st Century Rehab. Our many locations, quick scheduling and flexible hours are certainly convenient, but it's the quality of therapy we provide and the way we care for you that will make the difference in your recovery.



Schedule an appointment today  
No referral required

Find your nearest location

