

PROTAILORED PHYSICAL THERAPY LLC



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Headaches: Pain on the Brain

Do you or someone you know deal with headaches or migraines? Well, you're not alone-50% of people worldwide reported dealing with headaches on a regular basis.¹ The World Health Organization estimates that even with those statistics, headaches and migraines are under-diagnosed. Individuals are suffering each day with these conditions. At ProTailored, our physical therapists specialize in the treatment of headaches. In fact, Jon's wife, Vanessa, had suggested changing the name from "ProTailored" to "The Headache Clinic" after seeing many success stories from our patients (see our November 2017 Newsletter on our website).

FREE Headache/Migraine Consultations

Call 260-739-0300 to-
day to reserve your

Medication is often the first line of defense given for these ailments. For some, that does the trick. For others, headaches continue in spite of medication and may find that the medication itself causes rebound headaches.⁴ Rebound headaches are caused by daily or excessive use of aspirin and acetaminophen (Tylenol). A well-known medication to cause rebound headaches is Excedrin. Most opiate drugs and migraine medications have been found to cause rebound headaches as well.^{4, 5} This introduces a vicious cycle of more medicines, injections, nerve blocks, and possible surgery.^{2, 6}

Our goal at ProTailored is to heal and cure headaches/migraines naturally and permanently. During your time with us, we will identify the primary cause of the headache (car-accident, trauma, posture, etc.) and treat the secondary causes (neck pain, stiffness, weakness). The purpose of our therapy is not to generate dependence on the therapies but to establish a healthy program to reduce and eliminate headaches/migraines altogether. We are so passionate about treating headaches/migraines that we've decided to offer a full day of free consultations devoted just to headaches (who knew one could be so excited about having a day of headaches :) **If you or a loved one has been dealing with headaches/migraines for a few days or 30+ years, whether severe or mild, due to an event (car accident, injury, etc) or for unknown reasons, we can help! Free headache/migraine consultations will be on May 23rd from 8am-4pm. There are only 15 spots available, and free consultation days always fill up fast, so call our office today to reserve a spot for you or a loved one.**

Meet Our New Therapist

Dr. Brian Doll PT, DPT

Brian grew up in Poca, IL and played baseball at Spring Arbor University in Michigan. While there, he met his wife, Mariah and graduated with his Bachelors in Health and Exercise Science. Brian went on to graduate from Trine University with his Doctorate in Physical Therapy. He began his career in outpatient orthopedics in Michigan, and recently moved back to Fort Wayne.



Outside of work, Brian loves spending time with his wife and twin girls. He enjoys hosting and attending game nights with friends. He likes to cook/bake in his spare time along with listening to soundtracks and knowing what movies they go to.

His favorite Bible Verse is 1 Corinthians 16:14: "Do everything in love." When asked about his verse, Brian said, "This short and simple verse helps me refocus my attention in my life to serving others and loving them in everything I do."

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1. <https://www.who.int/news-room/fact-sheets/detail/headache-disorders> 2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3201065/> CERVICOGENIC HEADACHES/ AN EVIDENCE-LED APPROACH TO CLINICAL MANAGEMENT 3. Haldeman S., Dagenais S., Cervicogenic headaches: a critical review. Spine J, 2001. 11(1): p. 31-46 4. Gross A., et al., Manipulation or mobilization for neck pain: a Cochrane Review. Man Ther, 2010. 15(4): p. 315-33 5. <https://spinalmanipulation.org/wp-content/uploads/2017/07/peripheral-and-spinal-mechanisms-of-pain-and-dry-needling-mediated-analgesia-a-clinical-resource-guide-for-health-care-professionals-butts-et-al-2016.pdf> 6. Simons D.G., Travell J.G., Simons L.S., Travell & Simons' myofascial pain and dysfunction: the trigger point manual. Volume 1. The upper body. 2nd ed1999, Philadelphia: Lippincott Williams & Wilkins 7. Gross A.R., et al., Knowledge to action: a challenge for neck pain treatment. J Orthop Sports Phys Ther, 2009. 39(5): p. 351-63 8. Andersen L.L., et al., Effect of brief daily exercise on headache among adults - secondary analysis of a randomized controlled trial. Scand J Work Environ Health, 2011 9. <https://www.mayoclinic.org/diseases-conditions/rebound-headaches/symptoms-causes/syc-20377083> 10. <https://my.clevelandclinic.org/health/diseases/6170-headaches-rebound-headaches> 11. <https://www.someecards.com/usercards/viewcard/no-brain-no-headache-f95c17tagSlug=get-well>

"ProTailored Physical Therapy has saved my life! I have suffered with horrible migraine headaches for many years, have taken all kinds of drugs to prevent or alleviate my migraines, and nothing got rid of my migraines until I started having dry needling done.... I now have a normal life back and have stopped taking preventative medications and I no longer live on pain killers. I have had only one migraine in the past two months since I started the dry needling procedure, and I used to have them almost daily."

Patient Testimonials

"I went in with an awful headache that I had for about a month and half. It took a couple of visits but after my last appointment I haven't had a headache since."

"I have had a dramatic improvement in both the frequency of headaches and severity. If you're like me and have tried everything with little or no success you definitely need to setup an appointment...It will be well worth your time."

"After suffering with migraines for almost 5 years, I saw a significant decrease in occurrences and pain intensity after only a few appointments. I'm happy to report that I've gone from having 4-6 migraines a week to 1-2 in the month."

From Our Home to Yours



In the Kitchen with Adelaide Evans

This is a quick, easy recipe that makes snack size balls that are great to grab on the go or for a quick bite. Adelaide loves making these for her daddy, Jon (mostly because she loves her daddy and partly because she gets to lick her fingers when she's done :))

ENERGY BITES

Energy Bites Recipe

Ingredients:

- 📌 1 Cup Shredded Coconut
- 📌 1 Cup Oatmeal
- 📌 1/3 Cup Honey
- 📌 1/2 Cup Peanut Butter
- 📌 1/2 Cup Ground Flaxseed
- 📌 1/2 Cup Chocolate Chips
- 📌 Pinch of Salt

Instructions:

- 📌 Place all ingredients in large bowl
- 📌 Mix together with hands
- 📌 (per Adelaide-lick hands)
- 📌 Place in refrigerator for 1 hour
- 📌 Remove from fridge and roll into balls
- 📌 Enjoy! (Store in fridge)

Our Mission

ProTailored Physical Therapy's mission is to bring together skilled staff with varied backgrounds and specialties who resonate with the one-on-one treatment approach in order to provide professionally tailored, personal care for each patient's specific needs. Through having a passion for what we do and compassion for those we serve, we create a nurturing, supportive environment where our patients not only heal but thrive.

We truly enjoy what we do and value relationships formed.

We are honored that you have chosen us as your physical therapy provider.

