

## **Neck Pain and Headache**

### **Condition**

A 28-year-old female, presented to the clinic with neck pain and headaches that had been present for several months. Recently, however, the neck pain had increased in frequency and intensity and the headaches had become daily.

### **Medical Assessment**

1. Physical examination revealed decreased range of motion in both left and right rotation. There was tenderness to palpation throughout the neck, but especially in the suboccipital region at the base of the skull. It is noted that the patient has also been diagnosed with fibromyalgia and exhibits the tender points that are typically present with this condition.
2. The patient described the headaches starting from the base of the skull to up and over the head to over the eyes.
3. These headaches had a “squeezing” feeling to them, and she found that over the counter pain medication didn’t seem to help relieve the headaches at all.

### **Treatment Suggestion**

Our suggested clinical plan is to address the malalignment of the patients’ spine through gently applying the KKT<sup>®</sup> treatment device.

### **Results of Treatment**

After two treatments the patient reported that the intensity of the neck pain and headaches had decreased, allowing her to get back to the work-related activities she had put on hold when dealing with the more intense headaches previously. Over the next few weeks, the patient began to notice even less frequency of the headaches. While the fibromyalgia will continue to be a condition that needs to be managed for this patient, she has noticed that regular KKT<sup>®</sup> treatments allow her to get better quality of sleep and decrease the intensity of the pain she had been experiencing.

**KKT<sup>®</sup> Tomorrow’s healthcare, Today!**

So come in today for a consultation and take the first step to feeling great again. Because life won’t wait and neither should you!

**Get back to health and get back to being you again.**

To learn more about KKT<sup>®</sup> or to make an appointment with one of our orthopedic specialists  
Please call: +974 4434 9888, 4434 9800, 33133385