



It began as a few headaches every couple weeks until it slowly grew to me having a headache more times than I didn't. I always told myself that once I was done with school, the headaches would go away. I blamed my grad school for my additional stress and truly believed that once I graduated and had more time the headaches would decrease. By mid January, I was having headaches several times a week that would last usually at least half the day. I was taking several over the counter medications in hopes to help the headaches go away. Instead of getting better, it got worse. I saw my primary physician and they gave me some muscle relaxers and told me "take it easy" and gave me a doctor's note to be off the rest of the week. On Sunday (day 5 of having a headache constantly), the pain worsened to about an 8 or 9 and my fiancé decided I better go to the ER to rule out anything more serious. At the ER, the doctors determined that I was experiencing a bad tension headache and gave me IM pain injection, some Flexeril and told me to follow up with my PCP. I was told to be off from work for another three days to allow my body to rest. I contacted my PCP that following Tuesday and attempted to get a physical therapy referral for the next seven days. Unfortunately, my headache continued to be present throughout this time but thankfully with less pain. I finally saw Melissa at Nephew Physical Therapy on January 31, 2008.

From the very beginning, Melissa treated me with kindness and assured me that she was going to help me feel better. I had always thought I would just have to deal with these headaches but she remained confident that with the hard work of both of us, my headaches would be much less frequently and eventually maybe a rare occurrence. I remember thinking how nice it would be to be able to go to work and not have a throbbing headache to deal with along with my clients. After several weeks of physical therapy, twice a week, my headaches were much better and I was beginning to feel less neck and shoulder pain. Now after approximately 2 ½ months of physical therapy, I can proudly say that I no longer have headaches several times a week and that I have zero pain throughout my days. I am able to go through my week without having a constant throb to have to deal with. I would not hesitate to refer someone to Nephew Physical Therapy. I have often referred to Melissa as my little "miracle worker." Melissa has helped increase my quality of life and will be forever grateful. Thanks again Melissa for all of your hard work! I am truly grateful☺

Michelle W.