

HEADAGE MIRAGE MIRAGE

Migraine Headaches

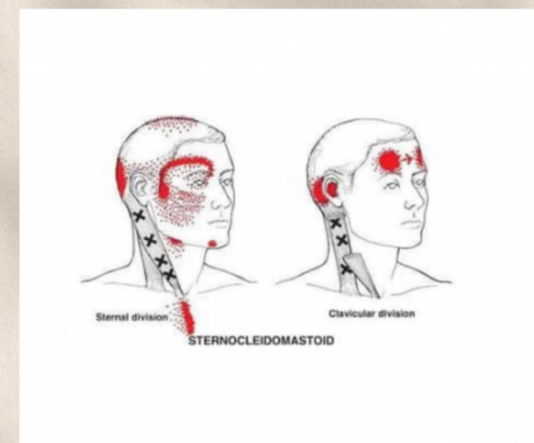
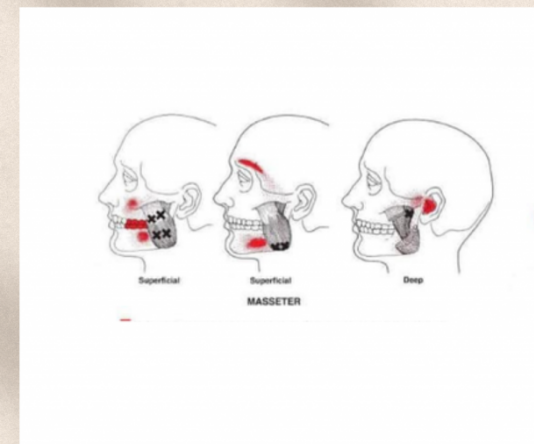
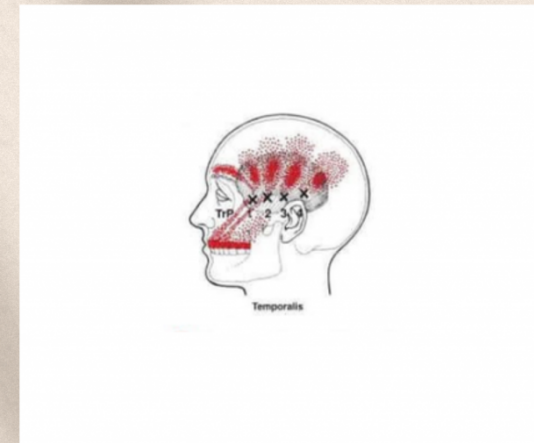
Migraine is a specific type of headache that tends to be more intense than regular headaches. It has distinct characteristics, including:

Common Symptoms of Migraine:

- Pain on one side of the head (though it may shift sides or affect both sides in some cases)
- Throbbing or pulsing pain
- Moderate to severe intensity, often interfering with daily activities
- Sensitivity to light, sound, or smell
- Nausea or vomiting
- Aura symptoms in some people – such as seeing flashing lights, zigzag lines, or blurred vision before the headache starts

Common Triggers for Migraine:

- Stress
- Hormonal changes (especially in women)
- Lack of sleep or oversleeping
- Certain foods
- Dehydration or skipping meals
- Bright lights, strong smells, or loud noises

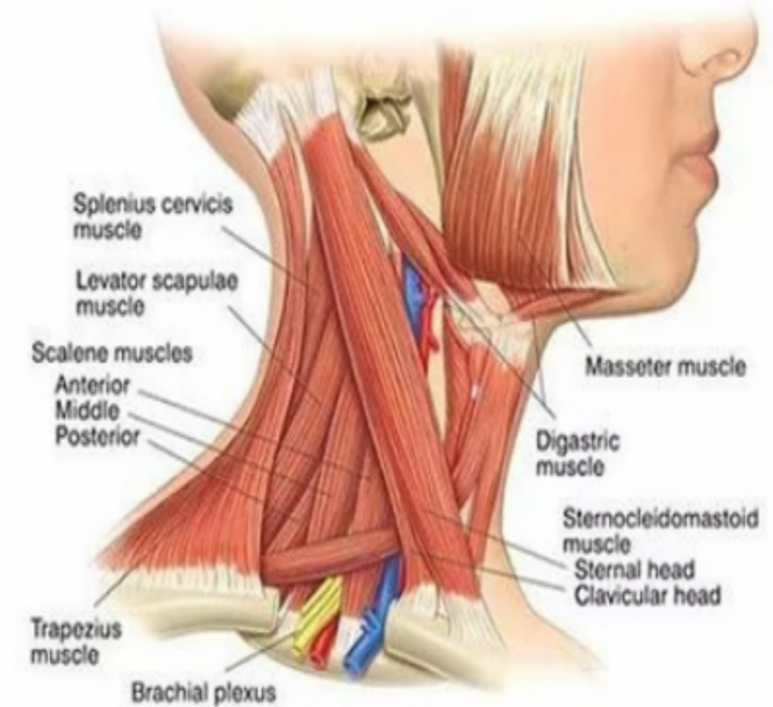


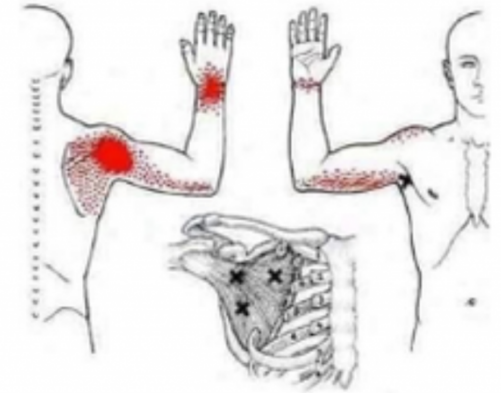
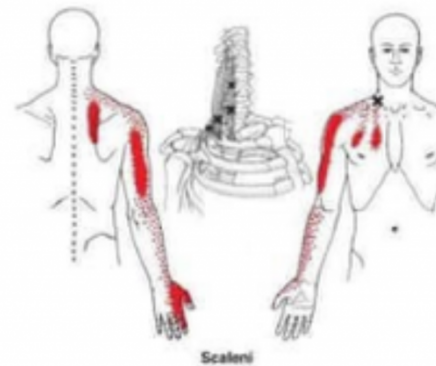
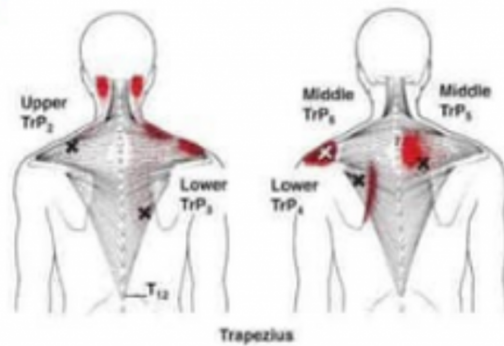
NECK SPASM

Neck spasms are involuntary muscle contractions in the neck that can cause sudden, sharp pain and stiffness. They happen when the muscles in your neck tighten uncontrollably, sometimes pulling your head to one side or making it difficult to move.

Possible Causes:

- Poor posture (e.g., looking down at a phone or computer for long periods)
- Muscle strain (from lifting, sleeping in a bad position.)
- Stress or anxiety (can cause muscle tension)
- Injury or whiplash
- Conditions like cervical spondylosis or a pinched nerve





SHOULDER, THORAX AND ARM PAIN

This symptom can be a sign of issues in the muscular system, nerves, or shoulder joints. It commonly occurs due to compressed nerves or inflammation of muscles and tendons.

Common Symptoms

- Pain in one shoulder that radiates down the arm
- Sharp, stabbing, or dull aching pain
- May include numbness or electric-shock-like sensations in the arm or hand
- Difficulty moving the shoulder or lifting the arm
- Muscle weakness in the arm or hand

ADHESIVE CAPSULITIS

THICKENED CAPSULE

ADHESIVE CAPSULITIS

INFLAMMED CAPSULE

INFILTRATED CAPSULE

PAINFUL COPE

RESTRICTED MOVEMENT

TIGHTENED

RESTRICTED MOVEMENT

FROZEN SHOULDER

Frozen shoulder, also known as adhesive capsulitis, is a condition where the shoulder becomes stiff, painful, and loses range of motion. It develops gradually and can significantly limit arm movement.

What Happens in Frozen Shoulder?

- The capsule (the tissue surrounding the shoulder joint) thickens and tightens, restricting movement.
- Scar tissue may form, and synovial fluid (which lubricates the joint) may decrease, leading to stiffness and pain.

Symptoms

- Pain – Dull or aching pain in the shoulder and sometimes the upper arm.
- Stiffness – Difficulty raising or rotating the arm.
- Limited mobility – Even simple tasks (like dressing or reaching overhead) become hard.

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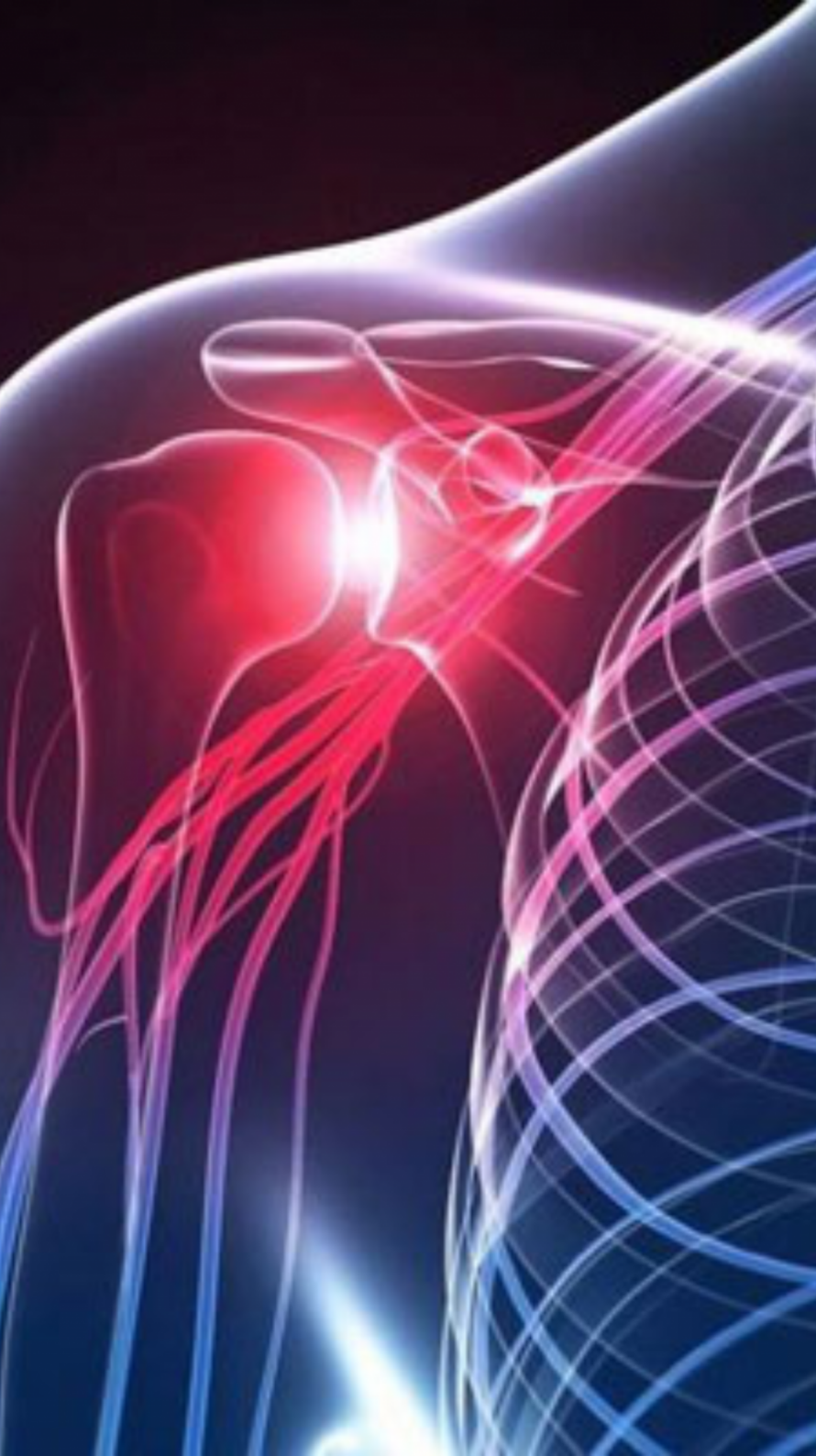
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STAGES OF FROZEN SHOULDER

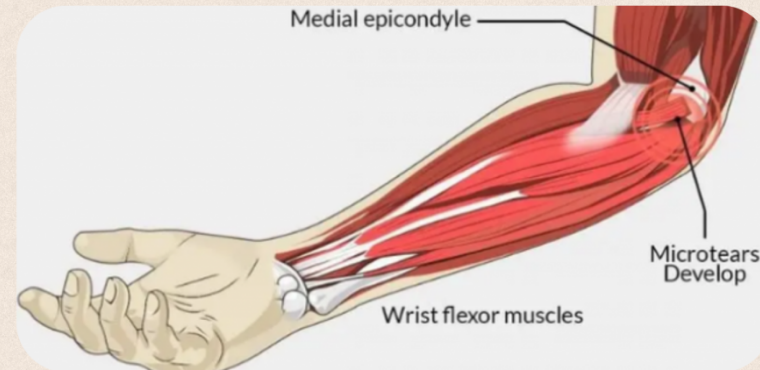
Stages of Frozen Shoulder

- Freezing Stage (6 weeks – 9 months)
- Gradual onset of pain, worsening over time
- Motion becomes more limited
- Frozen Stage (4 – 12 months)
- Pain may lessen, but stiffness remains
- Shoulder movement is severely limited
- Thawing Stage (6 months – 2 years)
- Range of motion slowly improves
- Pain continues to decrease

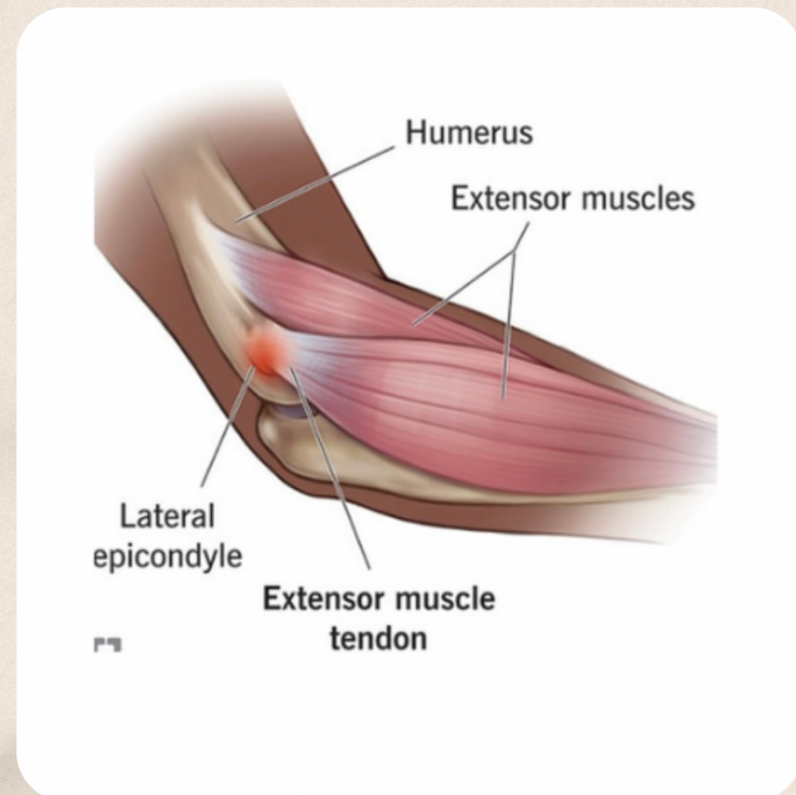
Who's at Risk?

- Adults aged 40–60
- More common in women
- People with diabetes, thyroid disorders, or recent shoulder injury/surgery
- Those who have kept their shoulder immobile for a long time

GOLFER'S ELBOW MEDIAL EPICONDYLITIS



TENNIS ELBOW LATERAL EPICONDYLITIS



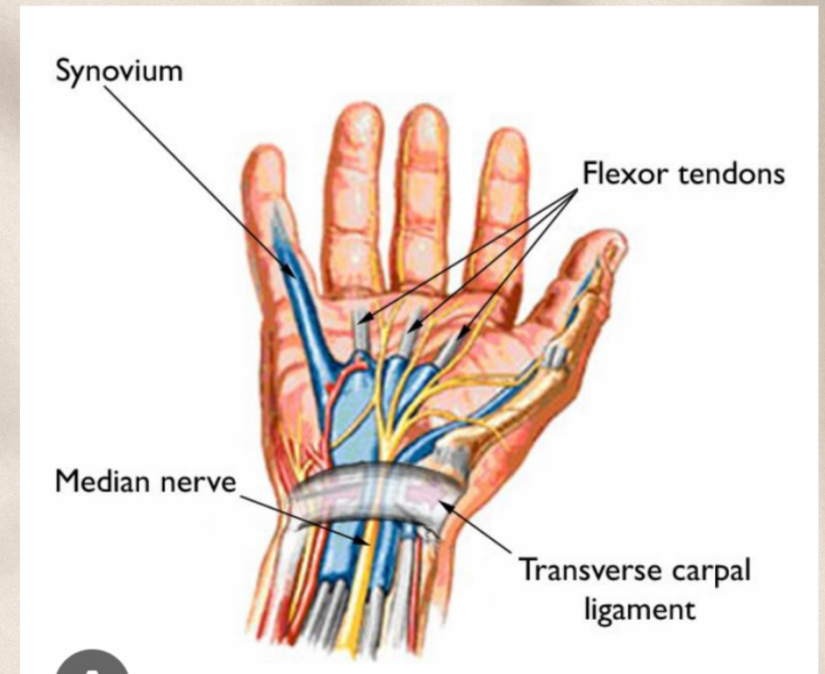
CARPAL TUNNER SYNDROME (CTS)

Carpal Tunnel Syndrome

It is a common condition that occurs when the median nerve—which runs from your forearm into your hand—gets compressed at the wrist, specifically in the carpal tunnel, a narrow passageway on the palm side of your wrist.

What Causes It?

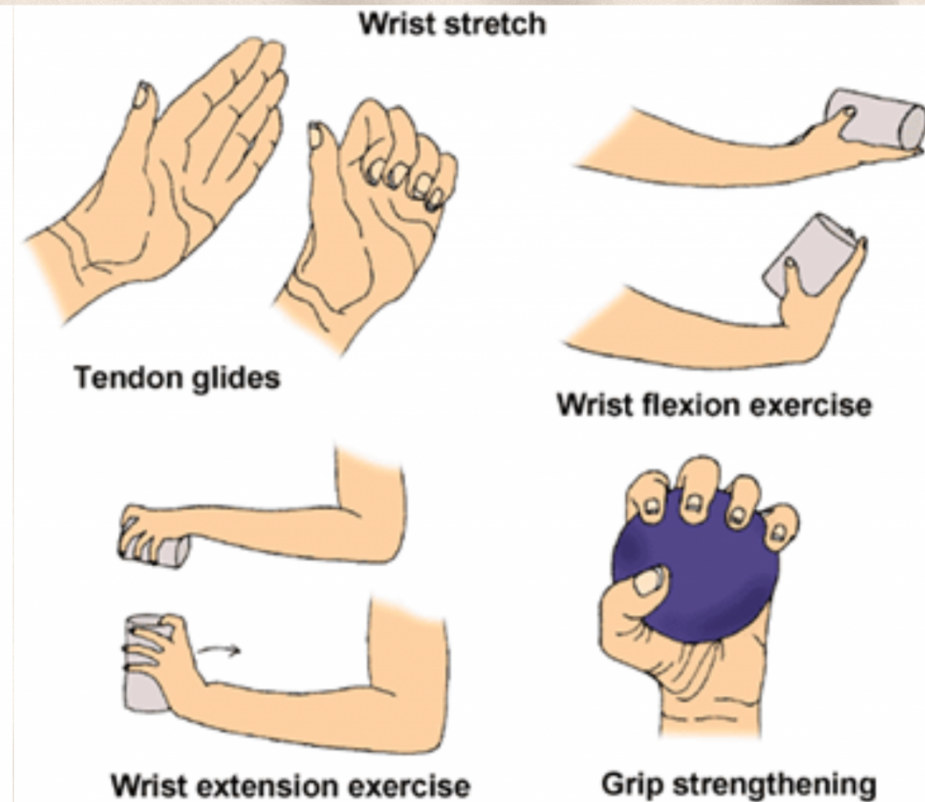
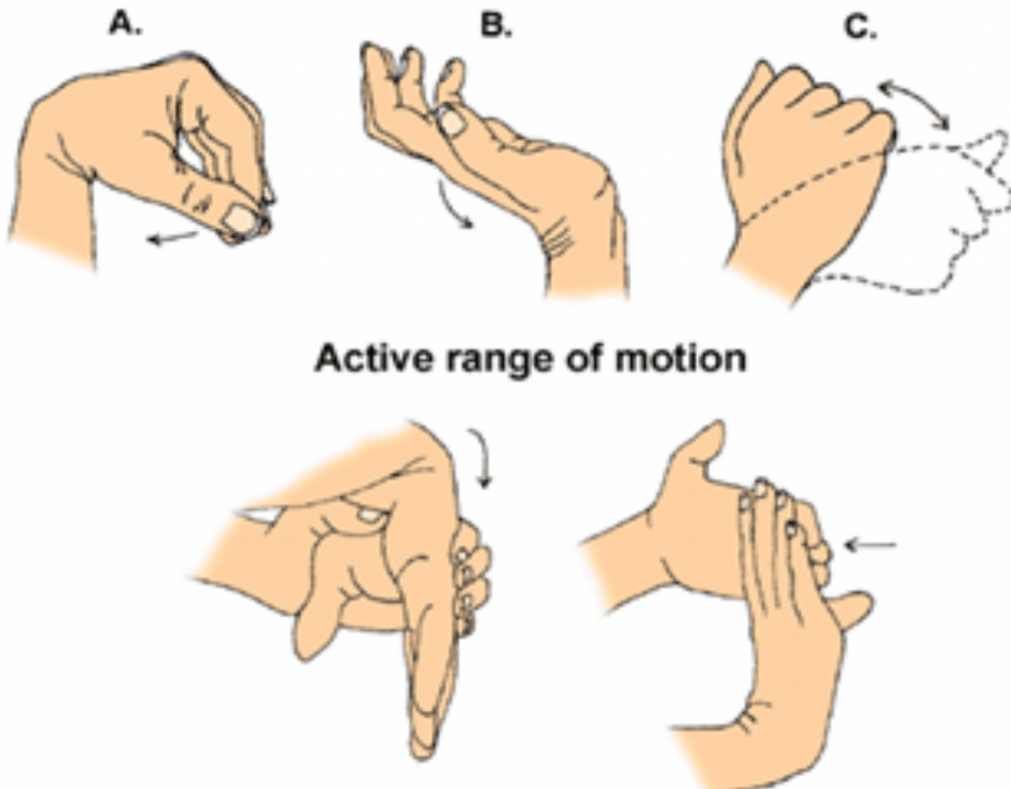
- Repetitive hand movements
- (e.g., typing, assembly line work)
- Prolonged wrist flexion or strain
- Inflammation from arthritis, diabetes, or thyroid issues
- Pregnancy (due to fluid retention)
- Wrist injuries (like fractures)



SYMPTOMS

- Numbness, tingling, or burning in the thumb, index, middle, and part of the ring finger
- Weakness in the hand, especially when gripping
- Feeling like fingers are “asleep,” especially at night or after using the hand
- Pain radiating up the forearm in some cases

Carpal Tunnel Syndrome Exercises

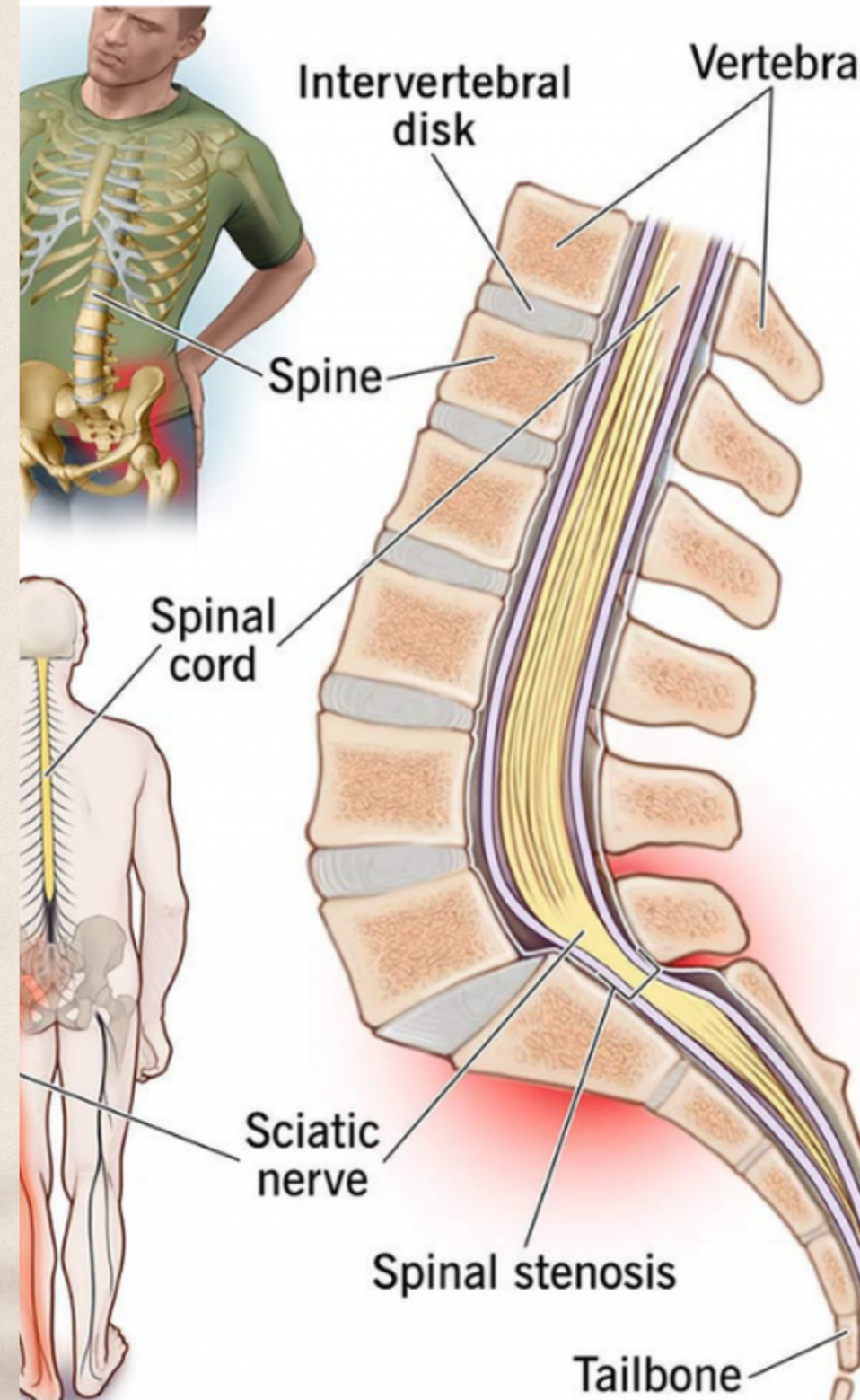


SCIATICA

Sciatic nerve pain, or sciatica, refers to pain that radiates along the path of the sciatic nerve — the largest nerve in the body. This nerve branches from your lower back through your hips and buttocks and down each leg.

Common Causes:

- Herniated disc in the spine pressing on the nerve
- Spinal stenosis (narrowing of the spinal canal)
- Piriformis syndrome (tightening of a muscle near the sciatic nerve)
- Degenerative disc disease
- Injury or trauma



PIRIFORMIS SYNDROME

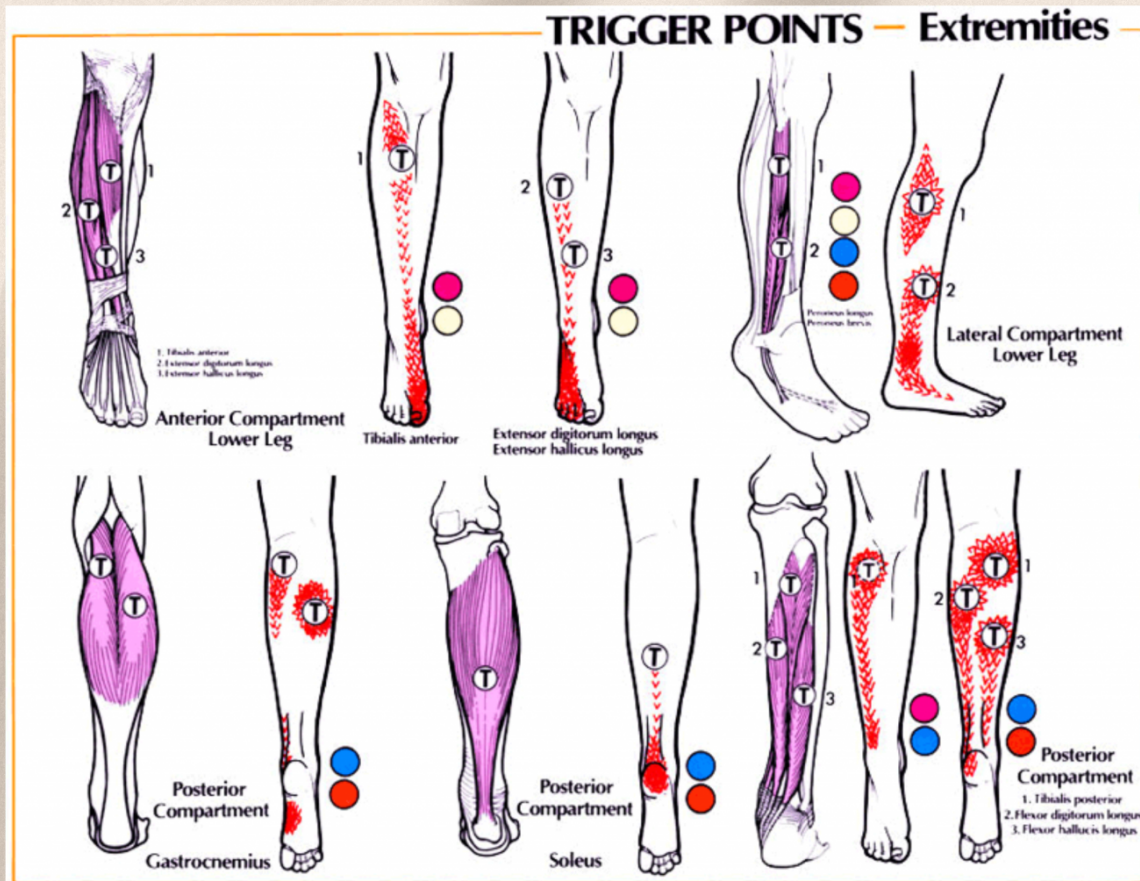
Piriformis Syndrome is a neuromuscular condition in which the piriformis muscle a small, deep muscle located in the buttock irritates or compresses the sciatic nerve, causing pain, numbness, or tingling along the back of the leg and into the foot. It's sometimes mistaken for sciatica caused by a spinal issue

Causes & Triggers:

- Muscle tightness or spasm
- Overuse from running, climbing, or prolonged sitting
- Trauma or injury to the buttock or hip
- Uneven leg length or poor posture



LEG, ANKLE AND FOOT PAIN



Leg Pain: Common Causes

- Muscle cramps or strains (from overuse or dehydration)
- Sciatica (pain radiating from the lower back down the leg)
- Peripheral artery disease (poor circulation)
- Blood clots (DVT) – can cause deep, throbbing pain
- Nerve compression or neuropathy (especially in diabetics)

Knee Pain: Common Causes

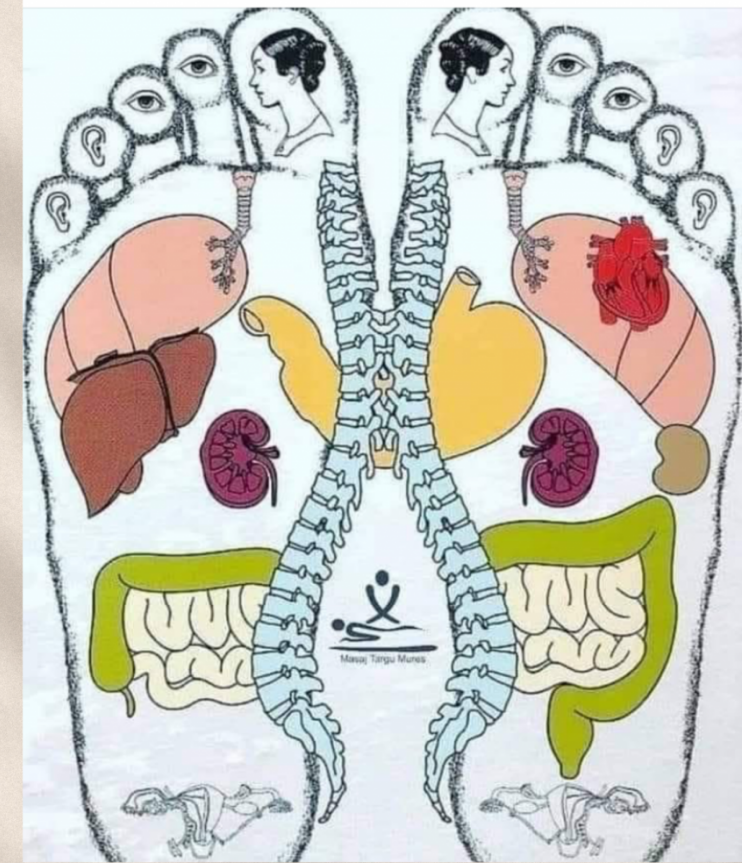
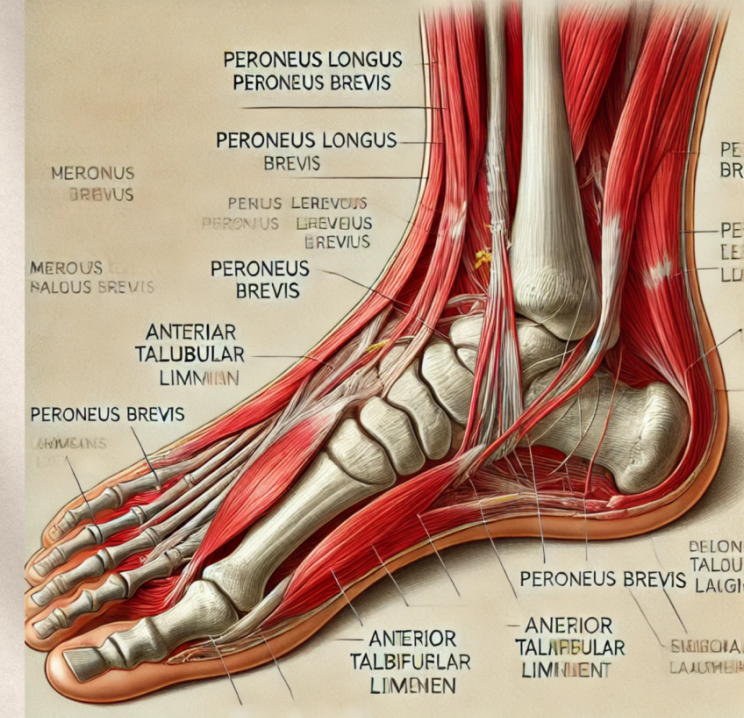
- Arthritis (osteoarthritis, rheumatoid arthritis)
- Meniscus tear (cartilage injury)
- Ligament injuries (ACL, MCL)
- Patellar tendinitis (jumper's knee)
- Bursitis (inflammation of the fluid-filled sacs)
- Overuse or improper movement during sports or walking

FOOT PAIN

Foot Pain: Common Causes

- Plantar fasciitis (heelpain, especially in the morning)
- Flat feet or high arches
- Arthritis in the foot or toes
- Neuropathy (numbness, tingling, burning – often in diabetics)
- Heel spurs or bursitis
- Fractures or sprains
- Improper footwear

Feet pain may be caused by issues related to internal organs: reflexology or pressure point massage can help alleviate chronic pain

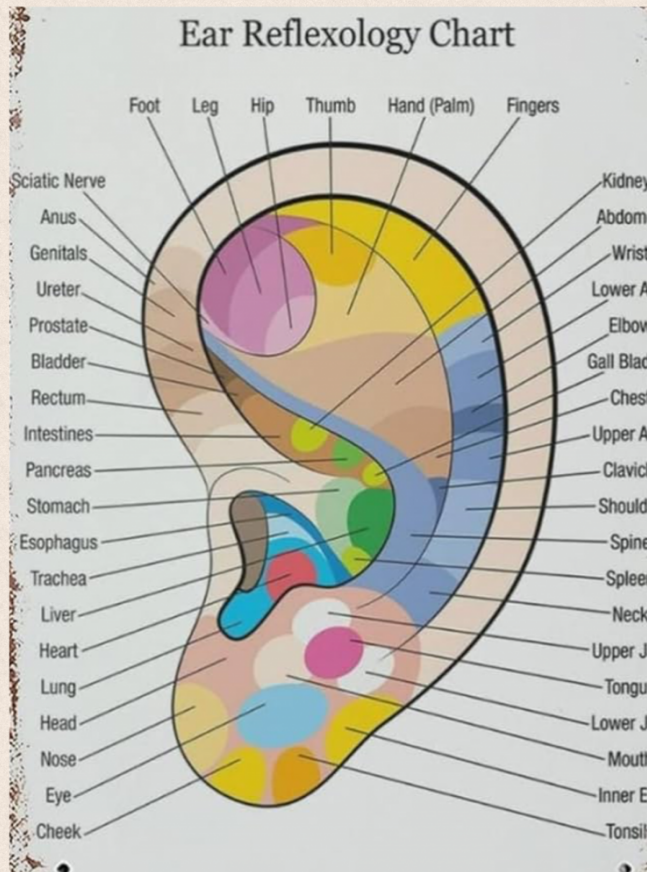




REFLEXOLOGY

Reflexology is a natural healing practice based on the idea that specific points on the feet, hands, and ears correspond to different organs, glands, and systems of the body. By applying pressure to these reflex points, reflexologists believe they can stimulate the body's healing process, relieve stress, and improve overall health.

Each reflex point connects via the nervous system to internal organs and structures. Reflexology aims to restore balance (homeostasis) and improve energy flow.



BENEFITS REFLEXOLOGY

Deep relaxation and stress relief
 Improved blood circulation
 Pain reduction (e.g., headaches, back pain)
 Relief from digestive issues
 Better sleep quality
 Hormonal balance and immune support
 Reflexology is not a substitute for medical treatment but can be a complementary therapy.

How does It Works

A trained reflexologist uses their thumbs and fingers to apply alternating pressure on reflex areas



Sessions usually last 30–60 minutes
 May feel relaxing or occasionally tender in certain reflex points



MASSAGE

In the section of treatment you will getting combination massage

- Advance technic with
- shiatsu (press point),
- Deep tissue massage,
- Bare foot massage,
- stretching
- Swedish massage

ULTRASOUND THERAPY

Pain Relief:

by increasing blood flow and reducing inflammation in the affected area

Enhanced Tissue Repair:

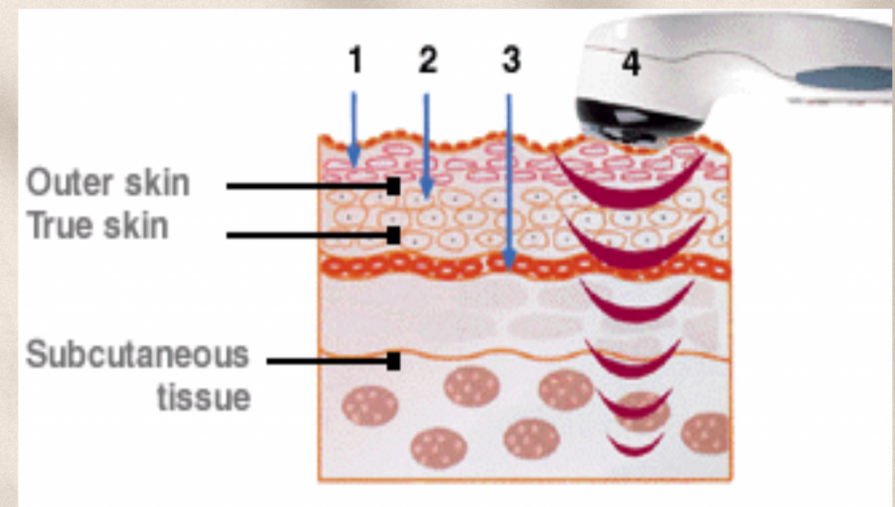
stimulate cellular activity, promoting faster healing of soft tissue injuries such as sprains and strains.

Reduced Inflammation:

and swelling, which can be particularly beneficial for conditions like tendinitis and bursitis

Improved Blood Circulation:

The therapy enhances blood flow to the treated area, which aids in delivering essential nutrients and oxygen to the tissues, promoting overall healing.



Relaxation of Muscle Tension:

Ultrasound therapy can help relax tense muscles, improving flexibility and range of motion.



HOTSTONE

Hot stone Benefits

- muscle release Sause and muscle tension
- alleviates pre=menstrual discomfort
- Minerals from stones help improve skin



HOT COCONUT OIL

Coconuts oil Benefits

- Antioxidant help protect the skin from free radical damage and signs of aging
- Moisturizing
- anti-inflammatory
- Antibacterial
- Antioxidant

THAI BALMS

- Pain Relief: Thai balms often contain ingredients like menthol, camphor, and eucalyptus oil, which provide a cooling sensation that can soothe sore muscles and reduce inflammation.
- Anti-inflammatory Properties: Ingredients such as camphor and eucalyptus oil have anti-inflammatory properties that help reduce swelling and improve blood flow.
- Aromatherapy: The aromatic properties of Thai balms can help reduce stress and promote relaxation. Scents like lavender, lemongrass, and eucalyptus are known for their calming effects.
- Respiratory Benefits: Eucalyptus oil, in particular, can help clear nasal passages and improve respiratory function when inhaled.



MASSAGE SERVICE ALL INCLUDE

30 minute
60\$

Service Include in

- Massage Advance technic shiatsu deep tissues massage
- Hot stone
- hot coconut oil
- Thai's Balm

60 minute
120\$

Services Include in

- Ultrasonic
- Advance technic
- shiatsu, deep tissues massage
- Reflexology
- Hot stone
- hot coconut oil
- Thai's Balm