

14/12/07

Thermbi

It was coincidental to come across the "Headache Clinic" signage after suffering from a serious headache for 10yrs. The headache has often been ascribed to "migraine aches that I was supposed to learn to live with". Cutting a long story short, my first visit to the clinic is perhaps one of best decisions I have ever made. I found the staff knowledgeable, professional, empathetic and quite willing. The icing on the cake is the methods that they employ to diagnosis the cause of the headaches. The diagnosis revealed that muscle stress in the neck was the cause of my headache, and this is exactly what my problem was. Muscle stretching exercises, physiotherapy and wearing of a PMA were prescribed to remedy the situation. However, the first month of this treatment did not achieve the desired results. A punishing work schedule that led to long review periods did not help matters. A second adjustment and fitting of the PMA were enough to change the quality of my life. What's left of the headache now are shortlived mild aches and I hope a third adjustment and fitting of the PMA would lead to cure of the headache. I would like to <sup>thank</sup> the "Headache Clinic" personnel for restoring my "lost" quality of life, and may the lord bless you for your good work.

Thank you, once again.

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