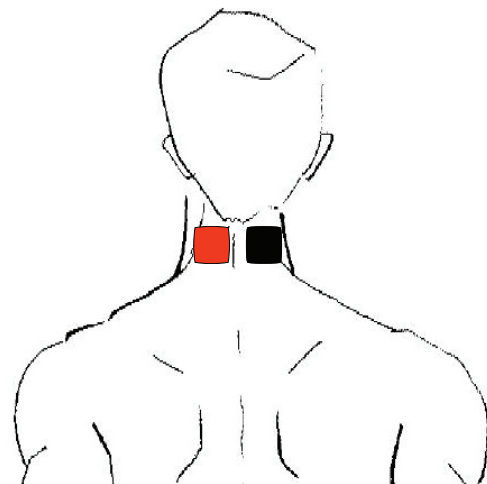


**Headaches (Relaxation)**

**Both uneven blood flow and muscle contraction are processes that are usually involuntary and contribute to headache pain. Using EMG feedback, patients learn to relax the muscles of the upper shoulders and neck. With increased relaxation, the muscles become looser and blood flow improves throughout the cervical spine and base of the head—the opposite of what happens during tension headaches.**

**Suggested Electrode Placement****2-pad placement**

**Place electrode pads over  
suboccipital muscles**

**Suggested Settings**

**Threshold: Set an appropriate threshold  
[Refer to the “Setting Threshold Level for Relaxation”  
section of General Guidelines]**

**Trials: 15-30 trials**

**Work time: 5 sec (to begin)**

**Rest time: 5 sec (to begin)**

**Feedback: BELOW (“FBL” setting on Care EMG)**

**Sessions per day: 3-5 sessions per day (or as needed)**

