



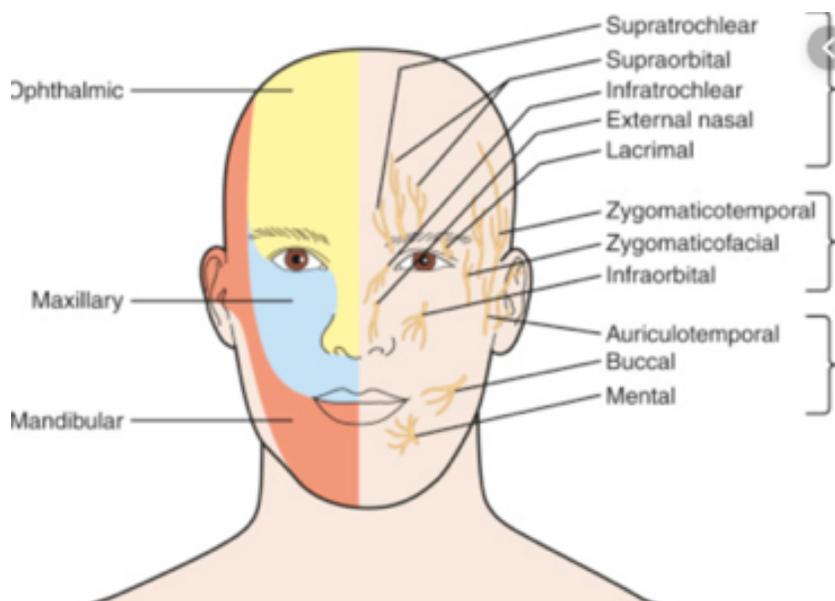
HEADACHE

There are different types of headache disorder. The most common types of headaches are: **Tension headaches**, **Migraine headache**, and **Cluster headaches**. Dr. Sackheim also treats **post-traumatic headache disorder** or **post-concussion headache**. For over 5 years, she worked at the Rusk Rehabilitation Concussion Center at NYU. She still works closely with many of the concussion center providers and is board certified in brain injury medicine.

She is nationally known for her comprehensive treatment of headache and is versed in all headache injections and medications. She has lectured many physicians and residents and has organized and led numerous hands-on injections courses. She has been nominated for the speaker bureau for many headache devices and medications.

Dr. Sackheim is a specialist in headache and offers a wide variety of treatment options.

Peripheral Nerve Blocks



No matter where your headache is located these nerve blocks can be used to help treat and acute migraine and also to prevent future ones. The nerve blocks can last from 1 day to 6 weeks, average 2-4 weeks. This can help to fight an acute migraine, help your body to respond better to the medications, or help hold you over while your botox injections are wearing off. These injections are very simple and quick. They take a few seconds to perform in the office and can be extremely helpful. Usually, these injections are only done with numbing medicine. Steroids are not needed.

Supraorbital Nerve Block

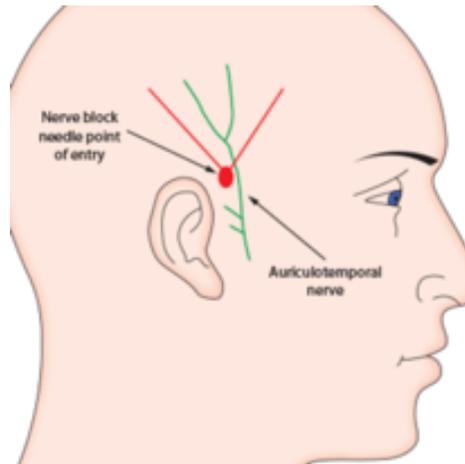
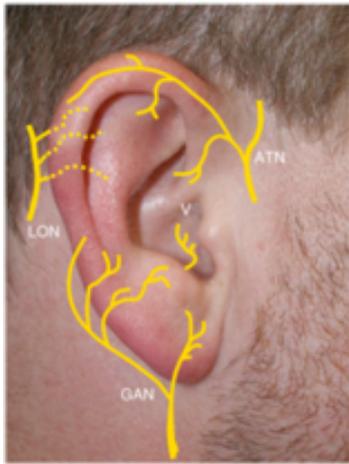


Supratrochlear Nerve Block

Infraorbital Nerve Block

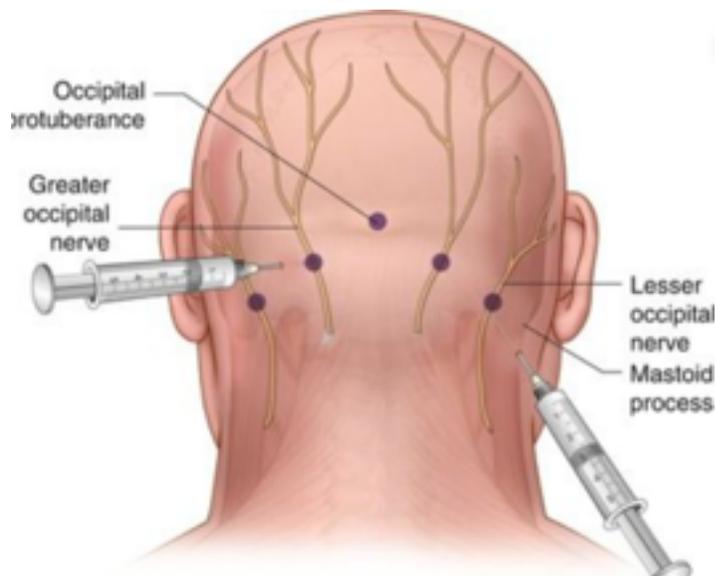


Auriculotemporal Nerve Block



Post-Auricular Nerve Block

Occipital Nerve Bloc



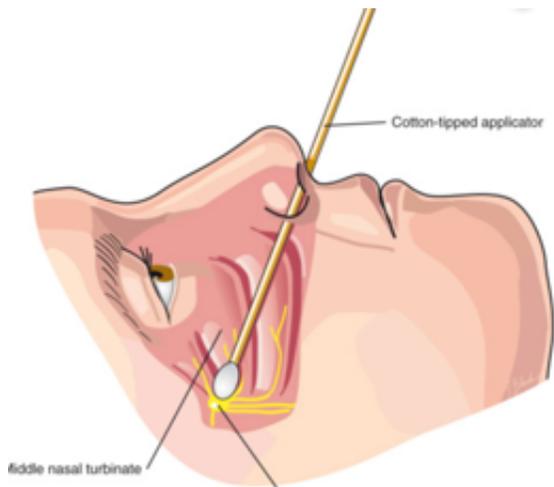
Trigger Point Injections

These are simple injections, done in the office. The injection is not deep and is very quick. Dr. Sackheim can inject numbing medicine (usually no steroids), sometimes she can add Traumeel and other medications if needed. The trigger point injections help the tightened or spasming muscles in the head, jaw neck and back to relax to decrease tension around the headache or pain location. These are very safe and usually very helpful.



Nasal Blocks- (Sphenopalatine Nerve Block)

This is a simple block that can easily be done in the office. Dr. Sackheim uses hallow Q-tip to place a numbing medicine at the location of the sphenopalatine ganglion. This ganglion has fibers from the trigeminal nerve that are closely related to headaches, facial pain, and post-auricular pain.



Acute Headache Medications

Dr. Sackheim is a trained expert in medication management for headache. She can prescribe all medications for acute migraine including injections, sublingual medications, nasal solutions, and more. She uses medications only when necessary and tries to avoid this if possible.

AVOID GOING TO THE ER

Preventative Headache Medications

Dr. Sackheim is a trained expert in medication management for headache. She can prescribe all medications for the prevention of migraine including antihypertensive agents, anticonvulsants, antidepressants and antiCGRP injections. She uses medications only when necessary and tries to avoid this if possible.

Botulinum Toxin Injections



Botox injections are FDA approved as a treatment for preventative migraine. This treatment is very effective and is repeated every 84 days. Most insurances require that you try a certain amount of medications from different preventative categories prior to covering botox injections. Dr. Sackheim is an expert in these injections. She has taught many other physicians and residents how to administer these and does 5-10 a day in her practice. She is very knowledgeable about the anatomy and muscles and does **this injections** with minimal discomfort and extreme precision.

Magnesium Infusions

Magnesium has been shown to help with acute headache and also headache prevention. Headache patients should have their magnesium levels checked at least once a year. Infusions can be done as often as needed to achieve desired effects. Magnesium infusions are very safe. They can cause a patient to feel temporary heat and sensations of urination but these symptoms resolve very quickly.



Headache Device Consultation & Prescription

Vitamins play a very important role in our bodies as a whole. Patients who are deficient in Vitamin B12 and B Complex as well as other vitamins. Dr. Sackheim can rapidly administer these vitamins to replenish them in your blood stream. This can help to maintain a balanced environment to decrease pain and headache.



Physical Therapy Referral

Dr. Sackheim is widely known in the field. She is aware of the top physical therapists in Manhattan that can help to maximize your results.

Acupuncture Referral

Headache is best treated with many aspects of medicine in order to get the best results. Acupuncture is one aspect of medicine that can help as well.

Physical Therapy Referral

Headache is best treated with many aspects of medicine in order to get the best results. Massage is another aspect of medicine that can help to release tight muscles that may be contributing to a **patients** pain or headache condition.