Tension Headache Treatment

Patient information
Name:Sarah Johnson
Date of birth:May 15, 1985
Gender:Female
Contact information: (555) 123-4567, sarah.johnson@email.com
Medical history:
No significant medical history
Tension headache symptoms
Frequency:Weekly
Duration:2-3 hours per episode
Intensity:Moderate
Location:Forehead and temples
Description:
Dull, aching pain with a feeling of pressure
Potential triggers
Stress:
Moderate
Caffeine:
Low
Sleep patterns:
Regular
Physical activity:
Moderate
Diet:
Balanced

Treatment plan

Medications:

Over-the-counter pain relievers: Acetaminophen 500mg, 2 tablets as needed every 4-6 hours

Lifestyle modifications:

Stress management techniques: Deep breathing exercises, meditation
Regular exercise: 30 minutes of brisk walking daily
Healthy sleep habits: Maintain a consistent sleep schedule, avoid caffeine before bedtime
Hydration: Drink at least 8 glasses of water daily
Dietary changes: Limit caffeine intake to one cup of coffee per day

Therapies:

Physical therapy: Neck and shoulder stretches to reduce muscle tension
Massage therapy: Weekly sessions to alleviate muscle tension
Acupuncture: Monthly sessions for pain relief

Follow-up plan

Next appointment: August 10, 2024 at 10:00 AM

Additional notes and recommendations:

Consider referral to a neurologist if symptoms persist
Perform further diagnostic tests if headache frequency or intensity increases

Emergency contact information:

In case of emergency, contact John Johnson at (555) 987-6543

Healthcare practitioner's information

Name: Dr. Emily Smith, MD

Signature: Dr. Emily Smith, MD

Date: June 12, 2024