

HEADACHES

MOST OF US SUFFER FROM TIME TO TIME



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YOUR CHIROPRACTOR CAN HELP – NATURALLY AND EFFECTIVELY, WITHOUT USING DRUGS

The most common forms of headaches are tension, migraine and cervicogenic (from the neck)¹.

Tension headaches may have aching quality and the pain onset is more gradual and less severe than a migraine. There may be a tight feeling around the head, with pain usually on both sides of the head focused at the forehead or back of the head and it is not worsened by physical activity².

Migraines are extremely painful and are often accompanied by other symptoms such as visual or auditory disturbances and nausea and sometimes tingling, numbness or weakness in a limb. A migraine typically has a throbbing nature, is focused on one side of your head and can last from 4-72 hours or more³.

Cervicogenic headaches are pains referred to the head from soft tissue or bony structures in the neck. It is characterised by head pain associated with turning of the neck or from a sustained awkward head position. There may be a restriction in the range of motion of the neck together with neck, shoulder or arm pain on one side. In some cases there may be dizziness, nausea, blurred vision in one eye or difficulty swallowing⁴.

Chiropractic care provides relief for headache sufferers by addressing mis-alignment (subluxation) of spinal vertebrae typically found in the region of the upper neck and upper back. Imbalances in joint mobility, muscle tension and nerve irritation can lead to production of headaches.

After a careful thorough examination we set a program to correct bio-mechanical problems by improving joint alignment and restoring mobility. Specific adjustments, releasing muscles with soft tissue procedures and identifying necessary postural changes is the first step. Often acupuncture, reviewing your diet and nutritional supplementation may also be required for maximum benefit. For further details, make contact with us on (02) 99797700.

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3. Migraine Headache [Internet]. 2011 [updated May 7 2013]. Available from: <https://umm.edu/health/medical/altmed/condition/migraine-headache>
4. Biondi DM. Cervicogenic Headache: A Review of Diagnostic and Treatment Strategies. *J Am Osteopath Assoc* 2005;105(4):16-22