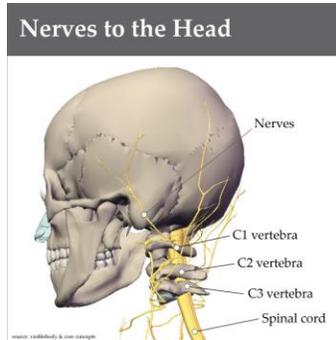


# Suffering From Headaches? End The Suffering.



Headaches are one of the more common conditions that enter the offices of primary care physicians, including medical doctors and doctors of chiropractic. As you know, the standard medical treatment revolves around the use of pharmaceuticals and/or injections.

The standard chiropractic treatment approach includes manual therapies such as spinal manipulation or adjustments, manual or mechanical cervical traction, mobilization techniques, trigger point therapy, physiological therapeutics such as electrical stimulation, ultrasound, etc., and nutritional counseling. While both approaches have pros and cons, there are far less negative side effects associated with the chiropractic treatment option.

**There are many types of headaches, which can be generally classified as primary or secondary:**

Primary Headaches: 1. Migraine; 2. Tension-type; 3. Cluster headaches. Secondary headaches occur because some other condition or injury is present such as after a car accident or slip and fall injury, due an infection, a sinus, jaw, and/or dental condition, a vascular injury such as stroke, a medication side effect, psychiatric disorder and others.

**Find yourself frequently utilizing over-the-counter medications such as an anti-inflammatory (ibuprofen: Advil, Nuprin; Naprosyn such as Aleve) or Tylenol,?**  
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It is probable that chiropractic approach will provide relief for your headaches. Frequently, with headache patients, the vertebrae in the upper neck lose their normal range of motion and the muscles that attach to the base of the skull become overly tight and squeeze or compress the nerves feeding into the head. This results in pain that radiates over the top or around the head, sometimes into the eyes. Conservative Gentle Chiropractic care restores the vertebral range of motion, which in turn reduces the muscle tension and subsequent nerve compression, resulting in a reduction of headache pain! If you've also noticed stiffness in your neck, then give us a call.

If you suffer from headaches, you are not alone. The number of people who suffer from headaches every year is staggering. And a large percentage of these headache are "tension-type" headaches. Another common type of headache is called "cervicogenic."

This is important because a 2001 Duke University study showed Chiropractic care helped both these types of headaches both in headache frequency and severity. The study also showed Chiropractic care worked better than many other treatments.

References:

<http://ihs-classification.org/en/>

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