



Chiropractic and Headaches

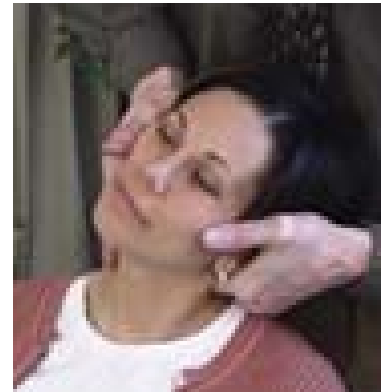


It is rare to find someone who claims never to have suffered from a headache. On the other hand some people have headaches every day. In the 20th century, at least 100,000 articles and 1,500 books have been written on headaches. Theories explaining headache vary tremendously, ranging from the divine (original sin) to the microscopic (the nitricoxide molecule).

Research studies over the past 20 years indicate that about 40 to 50 percent of headaches originate somewhere in the upper back or neck. This obviously is not in the head, and is why chiropractors and other manual therapists have a steady stream of patients who consult for this common problem.

Chiropractors have had considerable success relieving the cause of headache pain and releasing headache sufferers from the dangerous vicious circle of taking ever-larger doses of ever-stronger painkillers that may even be causing new and worse headaches.

Chiropractic adjustments have shown to be as effective and even more effective than medications in reducing the severity and frequency of headaches. Chiropractic is particularly successful dealing with cervicogenic headache. Even though cervicogenic and other tension-type headaches may not actually involve stress or muscle tension, chiropractic's ability to adjust spinal abnormalities seems to lessen or remove the forces contributing to many individuals headache pain.



Most often, the root cause of headaches is vertebrates in the neck.

When a chiropractor adjusts the cervical spine with manipulations, the neck muscle spasm reduces and this relieves the pressure on the vertebrae and spinal nerves. The adjustment or manipulation carried out is a fast but short thrust that is aimed at one or more vertebral joints. .

As these headaches happen, the neck muscles become affected leading to soreness and tenderness. These muscles in turn make tense and tight, the fibrous lining of the scalp, called the aponeuorsis, to which they are attached.

Considering that this aponeuorsis, is located under the hair and skin you develop a feeling of a tight band around the skull. Many people also experience the feeling that someone is standing on their head. In chiropractic treatment adjustments are often successful in removing the tension and reliving the pain.

Chiropractic treatment also reduces the nerve irritation that occurs with a sub-luxation (spinal misalignment).

You can get relief from irritations of the muscles and tissues of the upper neck, as well as inflammatory irritation caused by related trauma to the spinal nerves of the upper cervical spine

Since chiropractic treatment is non-intrusive, is painless and without any medication, it is a choice worth exercising. It appears more inviting as it does not involve clinical tests, is void of medicines, does not entail injections, does not make you drowsy and does not place any restrictions on your activities. The added advantage of chiropractic treatment is that in addition to curing the headache, it also prevents future bouts of this discomfort. When treating your headache, the chiropractor would need to ascertain if the headache is a result of spinal nerve and vertebra problems.

The popularity of the practice of chiropractors has been recognized even by the health insurance companies. They now pay for chiropractic care and thus cater to your treatment by chiropractor for common ailments. Thus, they equate a medical practitioner with a chiropractor as far as medical attention and care is concerned

Obviously there are many more causes. The good news is that most of the other causes are lifestyle dependent. Meaning that our choices in either what we eat or what we do are able to offer us help.

Call us today to arrange for a **FREE** initial evaluation.

