

Headache Efficacy Studies

- 1) **“Efficacy of Spinal Manipulation for Chronic Headache: A Systematic Review.”** Gert Bronfort, Willem J.J. Assendelft, Roni Evans, Mitchell Haas and Lex Bouter. *Journal of Manipulative and Physiological Therapeutics*. 2001;24:457-466.
 - This study reviews randomized clinical trials to assess the effectiveness of Spinal Manipulation Therapy (SMT) for Chronic Headaches.
 - Nine clinical trials involving 683 patients with chronic headaches were included. The study concluded that SMT appears to have a better effect than massage for cervicogenic headache and an effect comparable to first-line prophylactic medications (amitriptyline) for tension-type and migraine headaches.

- 2) **“Evidence Report: Behavioural and Physical Treatments for Tension-Type and Cervicogenic Headaches: Duke University Evidence-Based Practice Centre.”** Douglas C. McCrory, Donald B. Penzien, Vic Hasselblad, Rebecca N.Gray. *Des Moines, IA: Foundation for Chiropractic Education and Research; 2001*.
 - Identifies and summarizes evidence from controlled trials on the efficacy of behavioural and physical treatments for tension-type and cervicogenic headaches.
 - Cervical spine manipulation was associated with significant improvement in headache outcome involving patients with neck pain and/ or neck dysfunction and headache.

- 3) **“A Randomized Controlled Trial of Chiropractic Spinal Manipulative Therapy for Migraine.”** Peter J. Tuchin, Henry Pollard and Rod Bonello. *Journal of Manipulative and Physiological Therapeutics*. 2000;23:91-95.
 - A randomized controlled trial of 6 months to assess the efficacy of chiropractic Spinal Manipulative Therapy (SMT) in the treatment of migraine.
 - The results showed a statistically significant improvement in migraine frequency, duration and medication use when compared to the control group. 22% reported a 90% reduction of migraines after 2 months of SMT. A further 50% reported significant improvement in the morbidity of each episode.
 - Therefore, patients with migraines and associated photophobia and nausea can have significant relief in terms of disability and frequency resulting in decreased utilization of medication and improved quality of life.