



Headache Solutions – Drug-free

Treat the problem not the symptom

Taking medication is one of the most common attempts to get rid of a painful headache fast. However, medications simply reduce the symptoms and may have multiple side effects. The problem is that some types of headaches are caused by spinal bones in the neck that do not give proper support to the head due to a misalignment from excessive physical activity and emotional stress. This misalignment can result in an irritation to nerve roots in the neck and some constriction of vessels which supply blood to the brain. Medication simply reduces the pain of the headache but does not provide proper realignment which is needed to treat the problem.

Find a solution without medication

Get your spine and neck adjusted with evidence-based chiropractic treatments. A study reported in the *Journal of Manipulative Physical Therapy* (Bryans R. et al.) showed that spinal manipulation, a chiropractic treatment, improved both migraine headaches and cervicogenic headaches (originating in the neck due to misalignment, muscle spasm, and nerve irritation). These results were consistent with an earlier study (Nelson, et al) which also found that patients who were treated by chiropractors had a higher level of sustained reduction in headache frequency and severity as compared to those treated with the drug amitriptyline.

Initially the chiropractor will develop a background history to include the location, intensity, duration, and type of headache pain and activities preceding the headache and will assess posture, muscle palpation, and joint range of motion in the neck. X-rays of neck and or spine may be required depending on the severity of the problem. Following the physical examination, the doctor will discuss the findings with the patient before any treatment is provided. Treatment includes (a) adjustments to realign the neck and head and remove the nerve pressures and spinal distortion, (b) posture correction exercises, and (c) recommendations for prevention strategies.

Learn how to change your habits for prevention of future headaches. The chiropractor can offer instruction about changes in posture and sleeping position and recommend exercise and relaxation techniques. Both good posture and appropriate sleeping position can reduce misalignments in the neck. Stretching exercises take the head and neck through a range of motions to reduce joint irritation and tension in the muscles. With proper spinal adjustments that only a chiropractor can do and lessons learned about what the patient can do, this drug-free solution offers long-term benefits.

Bryan, R., Descarreaux M, Duranleau M, Marcoux H, Potter B, Ruegg R, Shaw L, Watkin R, White E. “Evidence-based guidelines for the chiropractic treatment of adults with headaches”, *Journal of Manipulative Physical Therapy*, 2011, June; 34(5), 274-89.

Nelson, CF, Bronfort G, Evans R, Boline P, Goldsmith C, Anderson AV, “The efficiency of spinal manipulation, amitriptyline and the combination of both therapies for the prophylaxis of migraine headache”, *Journal of Manipulative Physical Therapy*, 1998 (Oct; 21 (8): 511

Dr. Larry A. Harris

931-368-0423

664 Sango Road, Clarksville, TN 37043

<http://www.clarksville-chiropractors.com/>