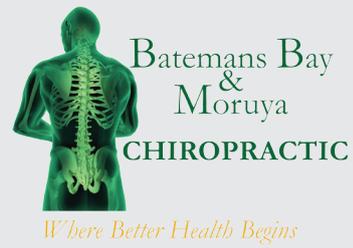


HEADACHES



HEADACHES

Facts

- Chiropractic care for such conditions has been proven safe, with far less possible side effects when compared with aspirin and other common painkillers.
- Nearly everyone suffers from occasional headaches.
- For about 20% of the population, these headaches are chronic or recurrent.
- Every year, millions of dollars are spent on painkillers for headaches and still more and more people join the group of chronic sufferers.
- The World Health Organisation (WHO) has defined the structures responsible for headaches and migraines to include the neck, the scalp muscles and vessels and the brain covering sheath.
- According to a study carried out in North America, Europe and Australia approximately 10% of all chiropractic patients attend for the treatment of headaches.

The most common causes of headaches are dysfunction of the joints in the neck, physical trauma, emotional stress, nutritional imbalance, dehydration, and visual strain. These are all common benign conditions that are easily recognised and treated. However, in rare cases, headaches and migraines can be a sign of a more serious problem.

The most common types of headaches include:

- **Migraine** - caused by the narrowing and expanding of blood vessels in the skull;
- **Tension headache** - caused by cramps or spasm in muscles surrounding the skull;
- **Neck (cervicogenic) headache** - where problems with the joints and muscles of the neck refer pain into the head.

What does treatment involve?

Unlike pain killing drugs, we treat the cause of the pain not just the pain itself. We will carry out a full examination (including x-rays if necessary) and ask you detailed questions about your medical history and lifestyle to discover the cause of your headaches.

So what can Chiropractic do to help?

- By performing gentle but specific adjustments to the neck and upper back we restore the normal alignment and function of the vertebrae in the neck, which removes the tension that causes headache and migraine symptoms. As well as removing the tension, the inflammation around the joints, muscles and blood vessels is decreased and the pain fibres begin to be deactivated.
- We offer advice on posture, ergonomics (work postures), exercises and relaxation techniques. This advice should help to relieve the recurring joint irritation and tension in the muscles of the neck and upper back.
- We use trigger point therapy, massage and other supporting types of treatments to create a holistic approach to the problem.
- We provide nutritional advice, recommending a change in diet and perhaps the addition of B complex vitamins.

Some patients enjoy almost immediate relief, whilst others notice a gradual easing of their symptoms over a period of several weeks. This will depend on the nature and chronicity of the problem.

Once accurately assessed and diagnosed by the Chiropractor, patients suffering from cervicogenic headache often report dramatic improvement in symptoms in as little as three appointments. The patients then need to be empowered with self-management strategies and are advised to keep in regular contact with their chiropractor to advise of any changes to symptoms.

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