

Headaches

Some are occasional, some frequent, some are dull and throbbing, and some cause debilitating pain, vision problems, nausea and vomiting.

A headache is the symptom of pain in the face, head, or neck. It can occur as a migraine, tension-type headache, or cluster headache.

Common causes of headaches may include whiplash, posture issues, dehydration, fatigue, sleep deprivation, stress, viral infections, loud noises, common colds, head injury, rapid ingestion of a very cold food or beverage, and dental or sinus issues.

Cervicogenic Headaches

- Arise from dysfunction of structures within the neck.
- Discomfort from these headaches is perceived in the back of the head and may be aggravated by certain neck movements.

Tension-Type Headaches

- These headaches are usually dull, low grade aches which involve both sides of the head spreading down into the neck.
- They occur mostly in the back of the head and may travel to the frontal region behind the eyes.
- In some cases, they may affect the whole head.

Migraine

- Migraines have very specific patterns of discomfort.
- Moderate to severe recurrent headaches lasting a few hours to a few days.
- Specific and recognizable features different to cervicogenic and tension-type headaches

What do you do when you suffer from a pounding headache?

Do you grit your teeth and carry on? Lie down? Pop a pill and hope the pain goes away? There is a better alternative.

Research has shown headaches can occur as a result of many conditions and can be effectively treated conservatively with Chiropractic care with exercise and stretches.

Chiropractors are trained to identify various types of headache and be able to provide you with treatment, advice and management.

Spinal manipulation - the primary form of care provided by Chiropractors - may be an effective treatment option for headaches.

Other soft tissue treatments such as Functional Dry Needling, strapping, FAKTR are also very effective methods for the treatment of headaches and can be used alone or in combination with Chiropractic adjustments.