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## **Cure your headaches with some chiropractic therapy**

DR. KIM LAZARUS, DC, For the Monitor

Chiropractic manipulation has been demonstrated to be effective as an alternative or in addition to medication for the headache patient.

Chiropractic's ability to correct biomechanical dysfunction seems to lessen the factors that may contribute to headache pain.

Many headaches are considered to be neck related and are referred to as cervicogenic headaches. These headaches are musculoskeletal in nature and are similar to a tension headache, which may also relate to migraines.

In a 1996 Journal of Manipulative and Physiological Therapeutics (JMPT) article titled "The Effectiveness of Chiropractic Manipulation in the Treatment of Headache," the author states that adjustments are equivalent to or even more effective than medications and also have the benefit of greater durability or length of positive effects of the treatment.

In studies there is less risk to receive chiropractic manipulation than medical treatments. In 1996, another article in JMPT entitled "A Risk Assessment of Cervical Manipulation vs. Non-Steroidal Anti-Inflammatory (NSAID) for the Treatment of Neck Pain" concluded that the best treatment for neck pain is chiropractic manipulation, which is safer than NSAID use.

According to the latest research, 9 percent of men and 12 percent of women in the United States experience at least 1-2 headaches per month, with 4 percent of the population suffering more frequent headaches.

More than 90 percent of headaches are classified as tension, migraine or cervicogenic. Symptoms include tightness and stiff feeling in the neck with moderate pain on one or both sides of the head.

Doctors of chiropractic medicine help thousands of individuals successfully reduce the symptoms of headaches by using safe and effective treatment protocols.

Chiropractic has such a good success rate in the treatment of headaches because most headaches are soft tissue or nerve related.

A spinal adjustment can help alleviate the pressure put on nerves and blood vessels, which will allow better function and diminish the symptoms of a headache.

Many individuals have concerns about chiropractic manipulation, especially when it comes to neck adjusting. The reasons I have heard are fear based. Maybe they saw a movie with someone snapping someone's head.

As chiropractors we are not taught aggressive, forceful techniques that can injure tissues or vessels. We have had all the same basic training as any other primary care physician. The difference lies in the treatment protocol. We do not prescribe medications but we do use a hands-on approach to working on the muscles and skeletal system.

Basically, we are very refined body workers. We use a great deal of sensitivity and finesse in our techniques that make them non-invasive. Most people who have had a chiropractic treatment feel

a sense of euphoria after the treatment.

Chiropractic care has a relaxing effect on patients and can be a great tool in the prevention of injuries, headaches and other joint-related disorders. A maintenance adjustment is similar in theory to getting your teeth cleaned. It is based on prevention.

I would much rather see a patient for maintenance treatment than one who has had a buildup of non-healthy habits and deconditioning. If you are experiencing chronic joint and muscle pain and have never sought out the advice of a chiropractor, I highly recommend you do so. It won't hurt but may help tremendously.

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