

Frequency and Severity of Headaches

Headaches can be debilitating. While any headache can be painful, cervicogenic headaches often begin as a dull pain in the back of the neck and radiate upward along the back of the neck towards the head. This radiating pain can make it feel even more unbearable. While we could reach for medicine to help us numb the pain, cervicogenic headaches arise from the spine and are caused by an underlying issue in the joints, discs, and nerves.

With that in mind, correction takes a different approach than mainstream medicine. Chiropractic evaluation seeks to detect and analyze subluxations, or misalignments in the spine that have often become restricted and irritate the vital nerves it is meant to protect. Through specific adjustments in the spine, subluxation is corrected, and our body is better able to function. Restoring everything to optimal placement and function is the #1 goal for neurologically-based chiropractic care.

A recent review of databases was conducted in which researchers analyzed the real impact of adjustments and chiropractic care on cervicogenic headache compared to other forms of care. Five databases were searched to identify seven randomized control trials. In these seven trials, pain intensity, pain frequency, and pain duration were taken into consideration. In all follow-ups, patients saw improvement in the severity and frequency of headaches! Chiropractic care was demonstrated to be efficient, effective, and safe!

Fernandez, M., Moore, C., Tan, J., Lian, D., Nguyen, J., Bacon, A., . . . Bussi eres, A. (2020). Spinal manipulation for the management of cervicogenic headache: A systematic review and meta-analysis. *European Journal of Pain*. doi:10.1002/ejp.1632



Research demonstrates that chiropractic is not only gentle and safe, but by correcting subluxation helps patients improve the severity and frequency of cervicogenic headaches!



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