

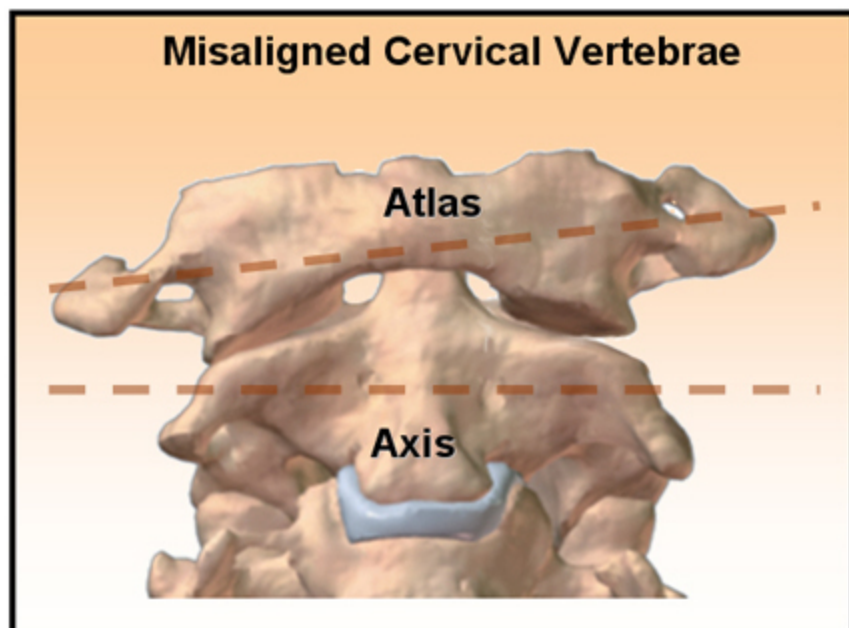
Headaches

If you answer “yes” to any of the following questions, you may need to seek treatment for your headaches:

- Are you less productive at work because of your headaches?
- Do your headaches affect your quality of life?



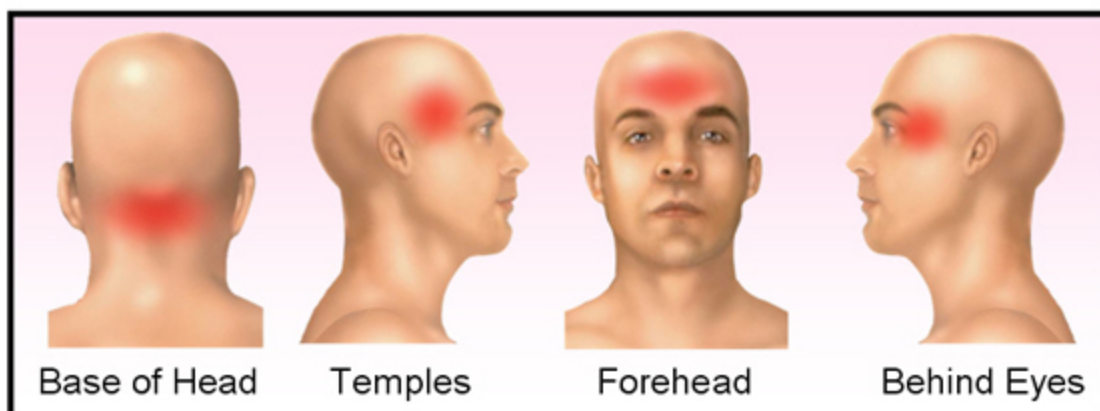
Although headaches can range from irritating to incapacitating, most are not associated with a serious illness.



What Causes Headaches?

- Misaligned vertebrae in the neck—The vertebrae can become restricted and cause tension in the upper neck or cervical spine, which can lead to headaches.
- Tightened neck muscles—Tightness in the trapezius muscle caused by poor posture and muscle tension can lead to nerve irritation and joint dysfunction and result in headaches.

Depending on the type and location of misalignments and restrictions, headaches can occur at the base of the head, at the temples, in the forehead, or behind the eyes.



What is the Treatment for Headaches?

Chiropractic care for headaches consists of a schedule of spinal adjustments and supporting therapies. Chiropractic adjustments to neck vertebrae help normalize function, restore the normal spinal curve, improve circulation, and reduce nerve irritation.

Additionally, chiropractic adjustments help to reduce or relieve pain by restoring the smooth gliding function of the vertebrae so they do not restrict or compress the nerves traveling to the head.

While headaches are a common complaint, they don't have to be common for you.

Follow your healthcare provider's treatment plan to prevent headaches and to enjoy optimal health.