



Chiropractic Relief for Migraines & Chronic Headaches

Do you experience headaches that include visions of light spots or flashing lights that dance? Are you intolerant of noise while you experience a pounding headache?

You may suffer from migraines.

The migraine is different from more common tension headaches that usually involve the whole head. They can come on suddenly and can induce nausea and vomiting.

New research reveals migraine sufferers have abnormal nerve function in the brain and spinal cord. ¹ If you suffer from these problems, a Chiropractor might be able to help you.

Chiropractors correct vertebral subluxations (misaligned bones in the spine) that can cause headaches and migraines.

Various studies have shown that the drug-free, natural healing approach of Chiropractic has many benefits for migraine patients. ²

In one study, migraine episodes were reduced by 90% following Chiropractic care, with the length of each migraine reduced by 38%.

Additionally, medication use dropped by 94% and other symptoms associated with migraine, such as nausea, vomiting, photophobia and phonophobia (light and sound sensitivity), were reduced. ³

In a six-month study involving a population of migraine sufferers, half received chiropractic care while the other half did not. Twenty-two percent of the Chiropractic group reported a more than 90% reduction in migraines after two months, and approximately 50% reported a significant decline in severity of migraines. ⁴

A thorough evaluation is required to determine if spinal manipulation may help you manage your migraine symptoms.

Please call to schedule your appointment.

1. Neergaard L., "Migraines are Unique Brain Disorder", Associated Press 6/12/00

2. Nelson CF, Bronfort G., Evans R, et. Al. "Chiropractic: The Efficacy of Spinal Manipulations, Amitriptyline and the Combination of both therapies for Prophylaxis of Migraine Headache" JMPT, 1998 21(8); 511-519

3. Tuchin PJ., "A Case Series of Migraine Changes Following a Manipulative Therapy Trial" Australasian Chiropractic and Osteopathy. 1997; 66(3); 85-91

4. Tuchin PJ, Pollard H, Bonello R., "A Randomized Controlled Trial of Chiropractic Spinal Manipulative Therapy for Migraine" JMPT. 200;23(2);91-95

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