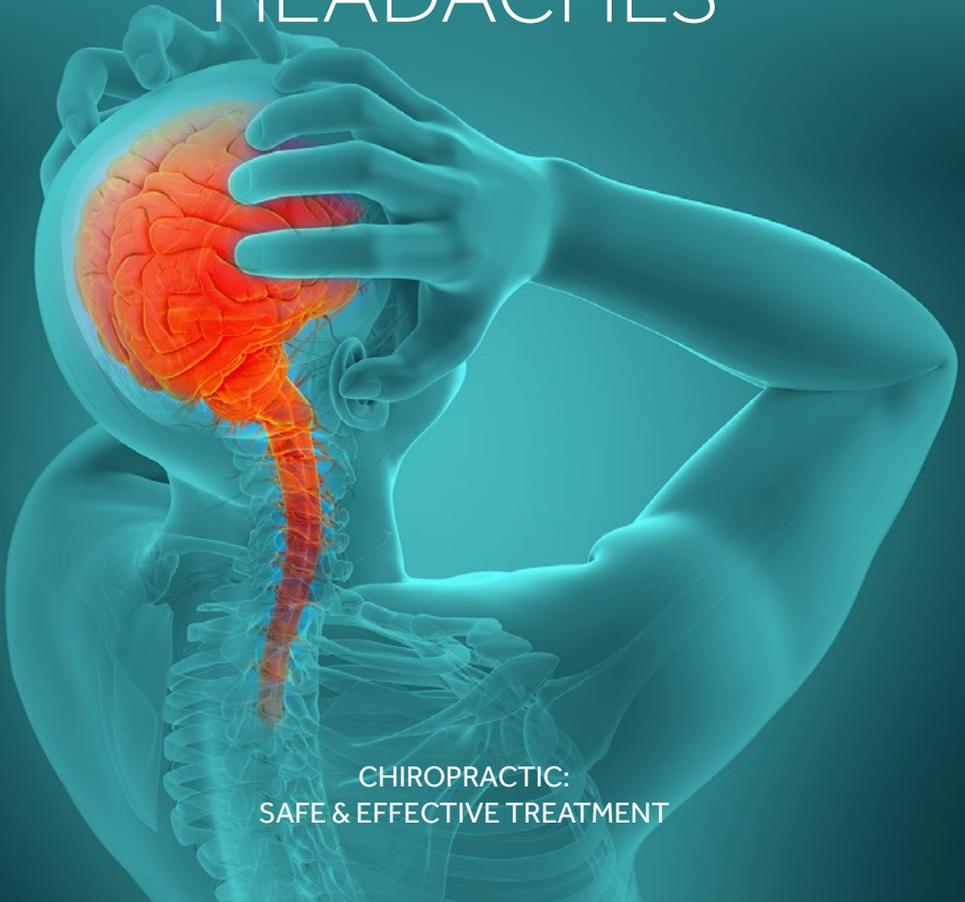




newbury
CHIROPRACTIC CENTRE

FOCUS ON CONDITIONS:

HEADACHES



CHIROPRACTIC:
SAFE & EFFECTIVE TREATMENT

Tel: 01635 48088

www.newburychiropracticcentre.co.uk

HEADACHES

Headaches can be severely disabling and are among the most common conditions for which people seek help. Adults and children suffer headaches, and there are many types, but the three most common are cervicogenic, tension and migraine. Approximately 90% of headaches are related to the neck or muscles around the neck and head, and can be helped by Chiropractic treatment.

Cervicogenic headache

Cervicogenic headache often results from sudden neck movement or poor neck posture. Sitting at a computer for long periods can greatly contribute to the pain. Cervicogenic headache is often accompanied by weak neck muscles or restricted movement of the neck with associated neck, shoulder and arm pain. The pain experienced is often vague in nature and can include the forehead, temples and ears. Cervicogenic headache often results from whiplash, neck injury and related stress or traumas.

Tension headache

Most people describe a tension headache as a constant dull ache on both sides of the head, sometimes accompanied by a tight feeling in the head or neck muscles.

The exact causes are unknown, but it is likely the pain stems from muscle contraction in the face, neck and scalp, perhaps as a result of heightened emotions, tension or stress. There are many other possible triggers including anxiety, poor posture and lack of physical activity. Tension headache may be worsened by clenching or grinding the teeth and by head trauma or whiplash injury. Those with stiff joints and muscles due to arthritis of the neck or inflammation of the shoulder joints may develop tension headache.

Research shows that tension headache may result from fluctuations among certain brain chemicals including serotonin and endorphins. These changes are thought to activate pain pathways to the brain and interfere with the brain's ability to suppress pain.

Most children's headaches fall into this category and tend to be triggered by stress, disturbed sleep patterns, certain foods and food additives or environmental factors.



Migraine

Migraine headaches are caused, in part, by changes in the brain chemical serotonin and are characterised by throbbing or pounding in the forehead, temple, ear, jaw, or around the eye. Nausea, vomiting, disturbed vision and intolerance to light may also occur.

There are several triggers of migraine including foods that contain tyramine, sodium nitrate or phenylalanine such as cheese, chocolate, aged alcohol, and processed meats. Missing meals, being tired or stressed, intense physical activity and strong and unusual odours are also common triggers.

Treatment

Unlike painkillers, chiropractic is not a temporary headache treatment. If headaches persist, your chiropractor will locate the source of the pain to prevent or reduce recurrence. Safe and painless chiropractic manipulation of the neck may be performed along with muscle strengthening, stretching and relaxation exercises. Self-help advice will also be provided.



FAQs ABOUT CHIROPRACTIC



What is Chiropractic?

Chiropractic is the third largest primary health care profession in the world after medicine and dentistry.

Who regulates the profession?

In the UK, Chiropractic is a fast-growing, independent profession regulated by the General Chiropractic Council.

How does it work?

Chiropractic places its emphasis on the diagnosis and management of problems affecting the nerves, muscles and joints of the body.

What can Chiropractors do?

Most people associate Chiropractic with the treatment of back pain, neck pain and headaches but Chiropractors treat many other conditions as well, including most ailments and complaints affecting feet, knees, hips, arms, shoulders and hands.

Chiropractors use an holistic approach that takes into consideration your overall health and lifestyle.

Although best known for manipulating joints (also known as 'adjusting'), Chiropractors utilise a number of different procedures in the course of patient care such as heat, cold, electrical stimulation, ultrasound, traction, postural support, exercise programmes and dietary management.

How can I find out more?

For more information on Chiropractic and to find out how your Chiropractor can help you, please contact us on **01635 48088**.