



Dr. Shane Explains...

Headaches

Headaches are a common complaint and many people suffer from them. The two most common types are muscle tension and migraine headache. In fact, 85% of the headaches that people have are tension or migraine headaches.

Muscle tension, or stress headaches, usually causes dull and achy pain. They usually get worse at the end of the day and occur at the back of the head and around the head. Migraines usually cause throbbing pain at the temples or by the eye. Some people with migraines complain of upset stomachs and visual problems like sensitivity to bright light.

These types of headaches can be caused by misalignments in your spine. The misalignments, or subluxations, in your spine irritate the nerves that go to your head. The irritation is what causes the pain.

This explains why drugs like aspirin or Tylenol don't provide permanent relief. These drugs just mask the pain. They won't reduce the nerve irritation caused by spinal misalignments. When your spine is adjusted, the irritation to the nerves is removed. This treats the cause of the headaches.



A study done on headaches found that chiropractic care provided the same relief as medical care. The only difference was that when the treatment stopped, the people that went to chiropractors had better relief for a longer period of time.

If you have frequent headaches, you should see a chiropractor to determine if your headaches are being caused by misalignments in your spine. If they are, your chiropractor can provide a safe and drugless approach to treating your headaches.

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