

# HEADACHES

By Dr.'s Boyd & Cindy Williams

Do you get headaches? If so, you are not alone. A United States study reported that 27.3% of females and 13.9% of males suffer from severe headaches. Another study found that in one year, headaches in the U.S. resulted in 74.2 million days of restricted work activity, costing an estimated \$1.4 billion in lost productivity. Headaches are one of the most common reasons that people seek both medical and chiropractic treatment. Even so, headaches are so common that some people think that getting a headache is a normal part of life. NOT TRUE! Headaches are a sign that something is wrong.

The two broad categories of chronic recurrent headaches are migraine and tension types. Of these, tension headaches are the most common, accounting for 85.5% of all headaches. The pain of tension headaches is usually described as between mild and moderate and happen 2 to 3 times more frequently than migraine headaches. Neck and upper back stiffness are also associated with tension headaches.

Clinical studies on headache patients have found changes in electrical muscle activity, reduced range of motion, muscle spasm and tenderness along the cervical spine (neck). Many problems in the neck resulting from injury, recurring work strain, stress and possible joint degeneration, can lead to head pain.

When bones of the spine lose their normal position or motion, sensitive nerves and blood vessels to the head can be affected. When spinal nerves and related tissues are stretched or irritated they can produce throbbing headaches. Aspirin and other medications may cover up these warning signs, but do not correct the underlying structural cause.

Many people find pain relief and correction of the structural cause of their headaches with chiropractic care. In fact, headaches are the 2<sup>nd</sup> most common complaint chiropractors doctors see in their offices. If a spinal exam reveals reduced range of motion, loss of normal spine curves or mechanical restrictions, chiropractic care should be considered. Respected medical studies have found that over 80% of all headache sufferers have joint abnormalities in the neck. Further study has revealed chiropractic treatment to be more effective and have fewer side effects than medicine. If you have headaches, loss of motion or neck and shoulder pain, please call to find out if chiropractic care can help you.

For more information on this or other health topics, including information about our services, go to [www.creatingfamilywellness.com](http://www.creatingfamilywellness.com) or call us at 507-281-4878.