

HEADACHES AND CHIROPRACTIC

HEALTH ISSUES #25

Although headaches are not caused by just one source, a growing body of research clearly demonstrates that a majority of headaches are caused by problems in the cervical spine. The vertebra of the cervical spine can become misaligned because of excessive or repetitive stress. These misalignments irritate the nerves in the neck and cause muscle tension all of which can contribute to a variety of headaches.



“Anatomical and clinical evidence exists which indicate that disorders in the structure of the cervical spine are a frequent cause of headaches.”

MODERN MANUAL THERAPY OF THE VERTEBRAL COLUMN

Jull, G. Churchill Livingstone, P.322

“Headaches are frequently caused by compression of cervical nerve roots and prolonged tension of the neck muscles.”

BASIC NEUROLOGY

Gilroy, J. McGraw-Hill p.92



“Headaches are more frequently caused by spinal stress than any other condition.”

JOURNAL OF OCCUPATIONAL TRAUMA

Matthews, S. Jnl of Occ Trauma, 1993

“Over 70% of all headaches arise from problems with the cervical spine and its related structures.”

CANADIAN FAMILY PHYSICIAN

Boake, H. Cervical Headache, 72 p. 75-78

Current theories suggest that a central nervous system dysfunction is involved in the initiation of migraine headaches, with subsequent activation of the trigeminovascular system.

CEPHALALGIA

Russell MB (1997) Genetic epidemiology of migraine and cluster headache 17:683-70

Chiropractic adjustments of the cervical spine were found to be superior in terms of reducing tension headache frequency, intensity, and also improving functional status of patients when compared to standard medical treatments.

SPINE

Hurwitz EL, Aker PD, Adams AH Manipulation and mobilization of the cervical spine. Spine 1996 Aug 1;21(15):1746-59

Cervical spinal adjustments are associated with significant improvement in headache outcomes in trials involving patients with neck pain and or neck dysfunction and headaches.

DUKE EVIDENCE REPORT

McCrary D. “Evidence Report: Behavioral and Physical Treatment for Tension and Cervicogenic Headaches.