

[IMAGE]

## Headache Relief With Regular Chiropractic Care

Nobody likes headaches. They can strike with little warning and cause debilitating pain -- especially cervicogenic headaches (HA), which are defined as pain that originates in the cervical spine, or neck area, and refers up to the head.

Researchers investigated the effect of chiropractic treatment on HA in 20 randomized patients, specifically focusing on the relationship between the number of chiropractic treatments and pain relief. Participants were assigned to one of three treatment groups for comparison: Group one received a total of three office visits, one visit per week, for chiropractic manipulation; group two received a total of nine office visits, three visits per week, for chiropractic manipulation; and group three received 12 total visits, four visits per week.

Researchers discovered a correlation between the number of chiropractic visits and positive outcome in headache patients. "For HA pain, substantial differences were found between participants receiving 1 treatment per week and those receiving either 3 or 4 treatments per week," the researchers wrote. The researchers indicated that a larger clinical trial testing the relationship of HA and chiropractic treatment is warranted, and concluded that there are benefits to "9 to 12 [chiropractic] visits over 3 weeks for the treatment of HA/neck pain and disability. A larger number of visits than 12 in 3 weeks may be required for maximum relief and durability of outcomes."

If you suffer from headaches, your doctor of chiropractic can help. Make an appointment for a chiropractic evaluation today.

*Reference:* Haas M, Group E, Aickin M, et al. Dose response for chiropractic care of chronic cervicogenic headache and associated neck pain: a randomized pilot study. *JMPT* 2004;27(9):547-553.

To learn more about headaches, visit [www.chiroweb.com/find/archives/musculoskeletal](http://www.chiroweb.com/find/archives/musculoskeletal).

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