



MORRISON
CHIROPRACTIC, P.A.
Gentle, Effective, Quality Chiropractic Care

Does Neck Pain and Headaches Have You Stressed?

By Carol Bleam, DC

Should I have? Could I have? How will I? When will I? Can you feel the tension building up in your neck and shoulders? The stresses of everyday life can lead to chronic tension in the muscles of the upper back and neck. In many people, this chronic tightness will then cause that painful tension headache.

Another common occurrence is the loss of motion in the neck joints themselves. Have you noticed you have difficulty changing lanes in the car because you can no longer turn your head as far? This shouldn't happen. It is due to decreased joint function within those neck joints paired with that increased muscle tension. Many times, this lack of proper neck function can also lead to reoccurring, painful headaches. But did you know there is often an effective drug free treatment?

In a study performed at Duke University in 2001, chiropractic manipulation appeared to result in immediate improvement in headache severity when used to treat episodes of headaches that are associated with neck pain. Furthermore, when compared to massage, a course of manipulation treatments resulted in sustained improvement in headache frequency and severity.

In that same study, compared to amitriptyline use (a common medication used to treat headaches,) chiropractic was shown to produce markedly superior results after a six week treatment period for the treatment of tension-type headache.

So, chiropractic can help treat certain types of headaches. The question then becomes, which office should I go to? Are they all the same? Let me explain why I chose to practice at Morrison Chiropractic. They have been helping people get better since 1988 because they care. The office staff is friendly, fun, yet professional. The doctors are concerned with the current trends in research, and are there to educate patients. The doctors listen to your concerns and do their best to figure out how to help you. We utilize therapeutic exercises to rehabilitate you, and teach you how you can keep yourself feeling better. We strive to help you feel improvement as fast as you can, and the unique exercises you learn will to help you stay well. Knowledge is power and the more you know about preventing and managing your pain, more relief you will feel.