

Alleviation of Chronic Headaches by Correcting Lateral Head Translation Posture Using Chiropractic Care



In this issue we are going to present a study about chiropractic care and headache alleviation, but first let us go through some general information about headache and why you get it.

What is Headache?

Every year, more than 250 million work days are lost due to headaches. Headaches are one of the most common reasons for visiting the doctor.

Did You Know That the Brain Itself Cannot Feel Pain?

The reason why headaches are painful is because of the surrounding tissues, brain chemicals, blood vessels, and nerves that produce those pain signals.

There are many types and causes of headaches.... Muscle tension headache and migraines are by far the most common types of headaches. Sinus infections and other issues, such as high blood pressure, can also lead to headaches.

What Causes Headaches?

Headaches occur for a reason. A headache is your body's way of signaling that something is not right. Nerve irritation is the leading cause of headaches for many sufferers.

Headache is very common in patients with chiropractic problems. Headaches can arise when the spinal bones in the neck are not supporting your head properly, which the results from the study below will prove. This can affect nerves, muscles and even the blood supply to your head.

Abstract of Study

Objective

To present a case of the alleviation of chronic headaches and neck pain following restoration of anterior to posterior symmetry to the cervico-thoracic spine, posture and subluxation using chiropractic & berry translation traction.

Clinical Features

A 55-year old female patient presented with chronic headaches, as well as neck and shoulder pain. Examination and radiography revealed forward head posture and lateral head translation posture consistent with vertebral subluxation.

Intervention & Outcome

The patient received chiropractic care including mirror image corrective exercises, adjustments and traction. Full spine spinal adjustments and drop table adjustments were also given.

After 36 Visits, Over a Period of 12 Weeks, the Patient Reported Complete Resolution of Headaches and Neck Pain!

Cervical x-ray showed complete restoration of symmetry in the laterality of her head posture.

Conclusion

Our case study and other research suggest that correcting lateral head shift postures by chiropractic adjustments may restore the symmetry of the AP cervicothoracic spine and posture alignment, and improve neck pain and headache symptoms (source: vertebralsubluxation.sharepoint.com).

New York's Chiropractor of Choice

If you suffer from headache or migraines, pay a visit to Dr. Adam Nachmias – Nachmias Chiropractic. You will not regret it! Instead, you will leave his practice with a big smile from finally feeling relieved, tension-free, and pain-free.

Dr. Adam has more than 26 years experience in helping patients get rid off headaches and migraines. He is also New York's own choice of chiropractor, and was awarded ***Best Chiropractor in New York*** both in 2016 and 2015.

We warmly welcome you to come and visit any of our offices in Bayridge, Brooklyn and Chelsea, Manhattan.

If you want to make an appointment in advance, please call: Brooklyn: 718-832-7300
Manhattan: 212-924-1700

Or book online: <http://calldradam.com/contact/book-online/>

Get Headache and Migraine Relief with the Help of Nachmias Chiropractic!

