

How quickly can chiropractic care help with cervicogenic headaches?

A single headache can ruin an afternoon. But when headaches strike every week or month, they can be exhausting and interfere with our lives. Many types of headaches exist, and they may occur for different reasons. However, most have little warning before onset. And we certainly cannot schedule these headaches into our calendars.

So how can we reclaim our time and life?



One option to consider is chiropractic care.

You may know that chiropractors specialize in helping those with neck pain and stiffness, but chiropractic care can also help those suffering from frequent headaches. One example is a type of headache called cervicogenic headache, which is a type of headache that seems to originate from dysfunction in your neck. There is encouraging research on how chiropractic adjustments can minimize the influence of these headaches in our lives.

New research highlights how beneficial chiropractic care can be for headaches like cervicogenic headache.

Three primary benefits stemming from this new research are:

- Less pain
- Improved function
- Fewer headaches



Length of Benefits

Patients report these benefits after chiropractic adjustments of the neck or upper back region. Some reported improvements in their pain and the frequency of their headaches as early as two weeks. Even the ease of neck movements and stiffness improved.

Most patients reported these benefits to last up to three months. But even more notable is that after a series of adjustments, some patients reported their headaches were far less frequent a whole year later (Haas et al., 2018; Fernandez et al. 2020).


What remains to be discovered for chiropractors and researchers is whether these benefits lasted longer than one year, as the study only ran for 12 months.

So, there is a potential that these positive effects can last for a very long time.

In summary, chiropractic care can improve pain, disability and frequency of headaches.




Why does chiropractic care work for headaches?

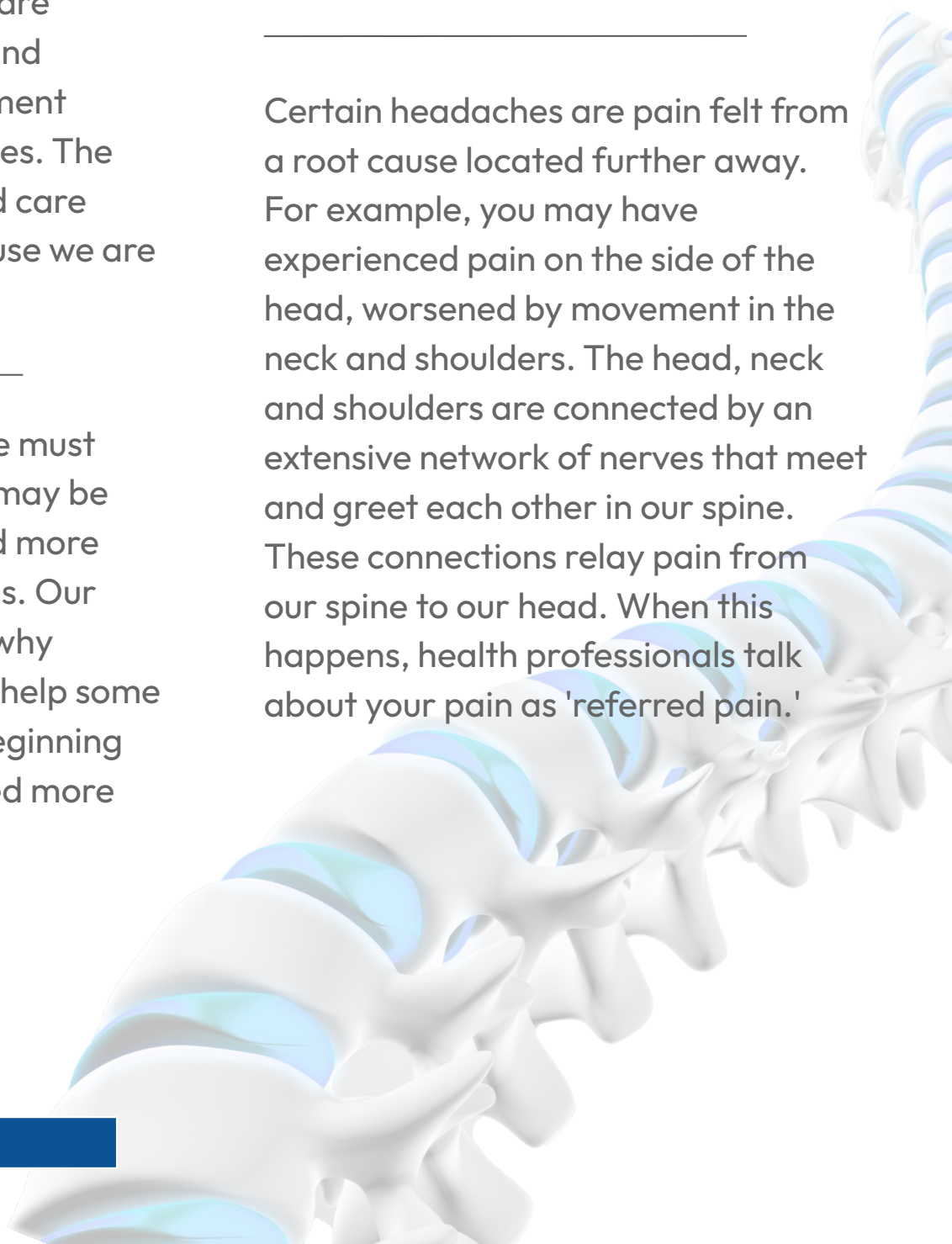


For certain types of headaches, chiropractic care seems to help a lot, but why is that so? Chiropractic care holistically approaches pain and suffering, stiffness and movement difficulties, including headaches. The whole person is examined and care plans are individualized because we are all very different.

Along with our differences, we must entertain the idea that there may be more than one root cause and more than one trigger for each of us. Our differences may also explain why chiropractic adjustments can help some people within two weeks of beginning adjustments, while others need more sessions.



Chiropractic care targets the regions that drive pain



Certain headaches are pain felt from a root cause located further away. For example, you may have experienced pain on the side of the head, worsened by movement in the neck and shoulders. The head, neck and shoulders are connected by an extensive network of nerves that meet and greet each other in our spine. These connections relay pain from our spine to our head. When this happens, health professionals talk about your pain as 'referred pain.'

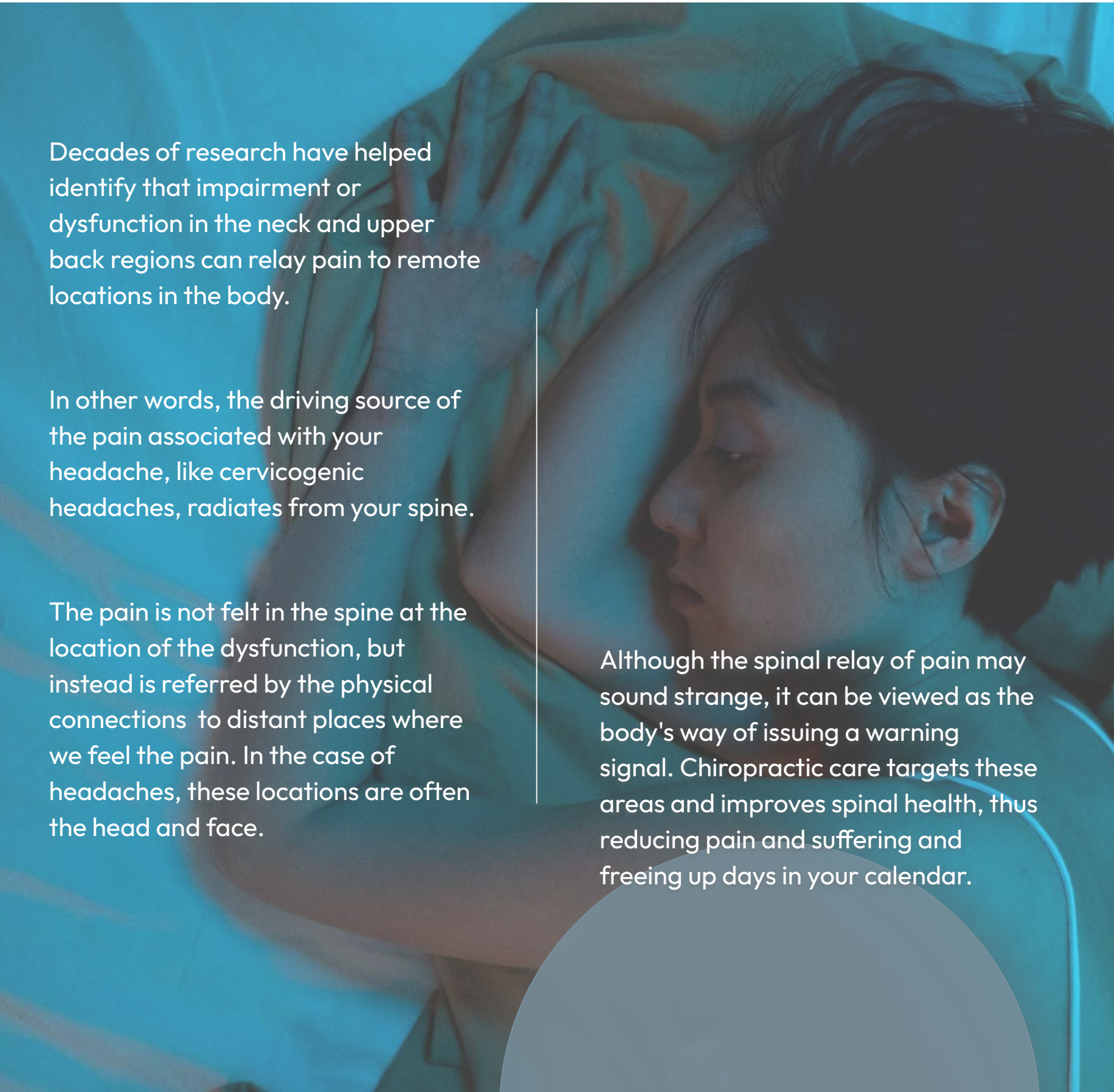
Chiropractic care targets the regions that drive pain cont.

Decades of research have helped identify that impairment or dysfunction in the neck and upper back regions can relay pain to remote locations in the body.

In other words, the driving source of the pain associated with your headache, like cervicogenic headaches, radiates from your spine.

The pain is not felt in the spine at the location of the dysfunction, but instead is referred by the physical connections to distant places where we feel the pain. In the case of headaches, these locations are often the head and face.

Although the spinal relay of pain may sound strange, it can be viewed as the body's way of issuing a warning signal. Chiropractic care targets these areas and improves spinal health, thus reducing pain and suffering and freeing up days in your calendar.



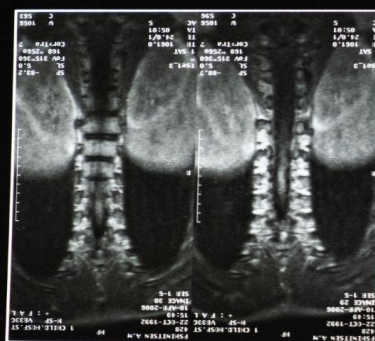
How exactly do spinal adjustments alleviate pain?

Chiropractors use their hands to apply a highly trained and noninvasive adjustment. They strategically place their hands to adjust and restore space, alignment and motion in the joints of your spine where there is dysfunction. When this happens, the connections relaying and processing information about pain become reset. Chiropractic adjustments produce a natural whole-body response that restores the communication about pain, locally and remotely, over the short and long term.

For Example,

the whole-body response can help prevent information about pain from reaching the brain. However, spinal adjustments can also positively change how our brain processes the information it receives about pain. And in turn, it may reduce inflammation by altering our sensitivity to pain-inducing agents outside the spinal cord and brain, i.e., our skin, joints, muscles and ligaments.

Your chiropractor may recommend that you need adjustments to your neck and/or upper back region as both can lead to benefits. But first, they will discuss what they feel is the best plan of care specifically for you so that you can make an informed decision that you are comfortable with. (McDevitt et al., 2022).



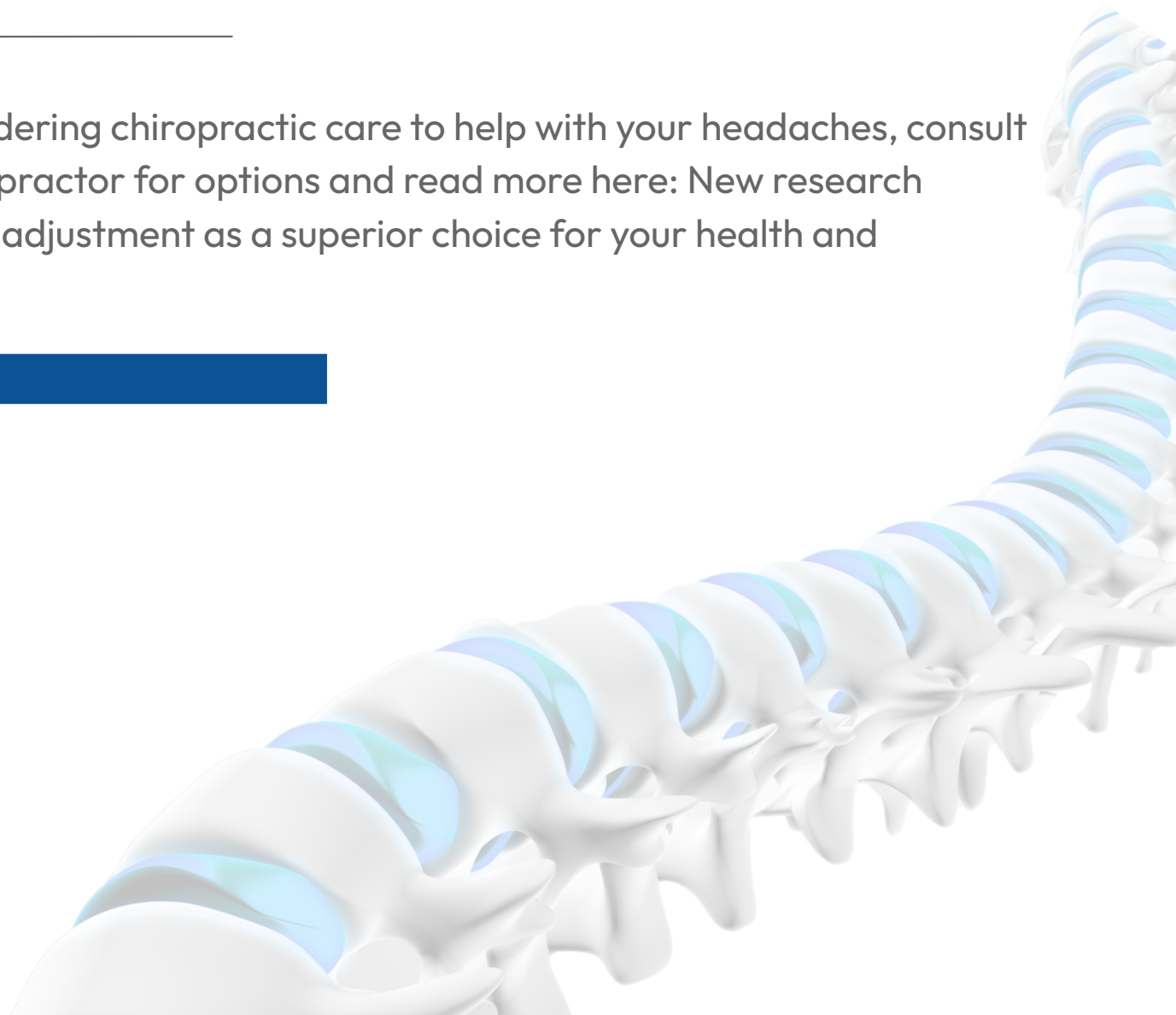
Are there any side effects of spinal adjustments?

As with any type of health care, you may experience transient discomfort. A recent study reported that even a light massage could produce short-lived discomfort in persons with headaches. Studies show this can occur in about one out of every five persons. Chiropractic care differs by focusing on the root cause of headaches in a non-invasive manner and four out of ten persons may feel some after-effects (Fernandez et al., 2020).

Most of these effects are mild and short-lived experiences such as:

- Neck soreness
- Pain and stiffness
- Pain or tingling in the arms or hands
- Increased headache intensity
- Nausea
- Dizziness

If you are considering chiropractic care to help with your headaches, consult your local chiropractor for options and read more here: [New research supports spinal adjustment as a superior choice for your health and headaches](#)



Bibliography

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