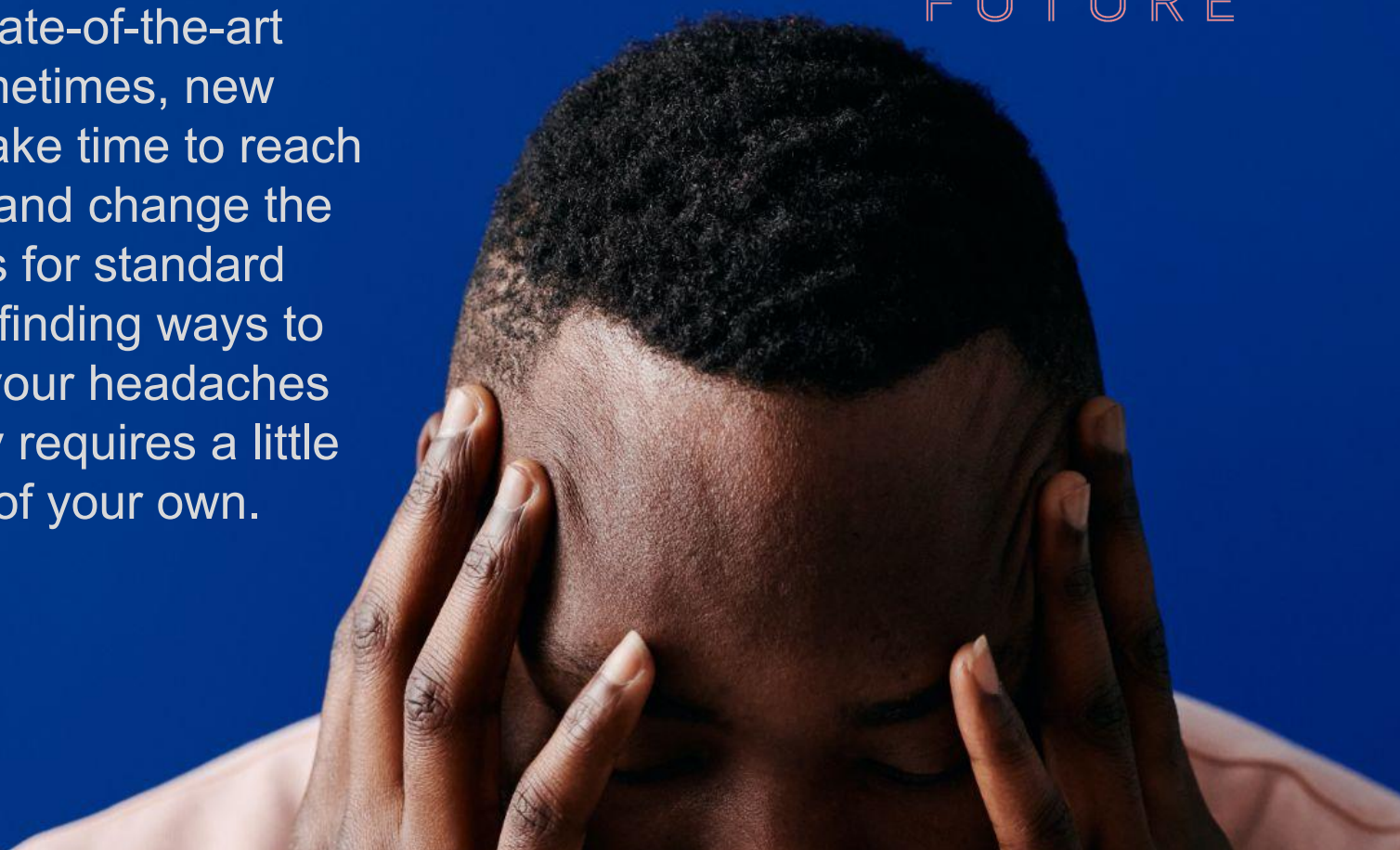


New research supports spinal adjustment as a superior choice for your health and headaches

Breakthroughs

in healthcare are happening all the time, which poses a challenge for anyone wishing to receive state-of-the-art care. Sometimes, new findings take time to reach the clinic and change the guidelines for standard care. So, finding ways to manage your headaches effectively requires a little research of your own.



Asking The Right Questions

Naturally, your personal history and preferences will play a role in any decisions you make about managing your headaches. You will experience a holistic approach to managing your health and headaches when consulting with a chiropractor. During discussions, your chiropractor may suggest multiple care options and engage you in a shared decision-making process.

This article helps you prepare and is a reference for asking the right questions. Most importantly, it enables you to make an informed decision about managing your headaches.

In particular, this research update shares the latest findings about how spinal adjustments may be a superior choice for managing headaches.



Diagnostic Criteria

Here are a few questions to guide you through this research update:

- 1. Why choose spinal adjustments?*
- 2. How many sessions will be required?*
- 3. How long will the effects last?*
- 4. Will I also need other types of healthcare options?*


Why choose chiropractic adjustments for headaches?

Your chiropractor is a highly trained primary health care provider applying non-invasive approaches to improve spine and overall health. As such, they may present a few options to consider. For example, alongside chiropractic adjustments you may also benefit from simple stretches and/or lightweight neck exercises that can be performed at home.

Emerging evidence illustrates that chiropractic adjustments alone may be the superior option for people with headaches that appear to be related to neck dysfunction. A recent study further underscores this finding demonstrating the power of regular and consistent chiropractic care.




Why choose chiropractic adjustments for headaches Cont.




Spinal adjustments involve a fast but gentle pressure applied to the spinal joints, that are not functioning well, to rapidly stretch the surrounding muscles and tissues. This kind of conservative health care is well known to alleviate pain and result in less frequent headaches (Garcia et al. 2016; Rani et al 2019).

Although your chiropractor may also suggest stretches and exercises for you to do, many recent research studies about chiropractic care for certain headache types shows that the spinal adjustment technique appears be the best option to alleviate your headaches (Fernandez et al. 2020). For example, one study found that chiropractic adjustments improved pain and function more than mobilization (stretching) techniques and exercise combined (Dunning et al. 2016).



Thus, your best option is chiropractic adjustments that can result in fewer headaches for up to 12 months. Some patients reported up to 50 percent fewer headaches and began to feel results as early as two weeks.



How many treatment sessions should you expect?

The optimal number of chiropractic sessions will vary from case to case, as will the degree of your improvement. Recent research supports at least 12 to 18 adjustment sessions for a meaningful change, and anything less than six sessions will unlikely lead to lasting benefits (Haas et al. 2018).

Research shows a strong relationship between the number of adjustment sessions and the impact on headache frequency. Regular and consistent chiropractic care generates better results over the short and long term.

According to the most up-to-date evidence, as measured in 256 headache sufferers, your chiropractor may recommend 2 to 3 sessions per week for six weeks (Haas et al. 2018).

This appeared to give the best reduction in headaches for up to one year follow up.

How long will the effects of chiropractic care last?

Generally,

research reports improvements in pain intensity and disability for at least four weeks, possibly up three months or more. A review of several studies highlights similar findings: headaches become less frequent over the short-term following chiropractic adjustments of the spine (Fernandez et al. 2020). Therefore, if living a life with fewer headache episodes is the most important factor for you, spinal adjustments would be the most suitable choice.

Will I also need other types of health care options?

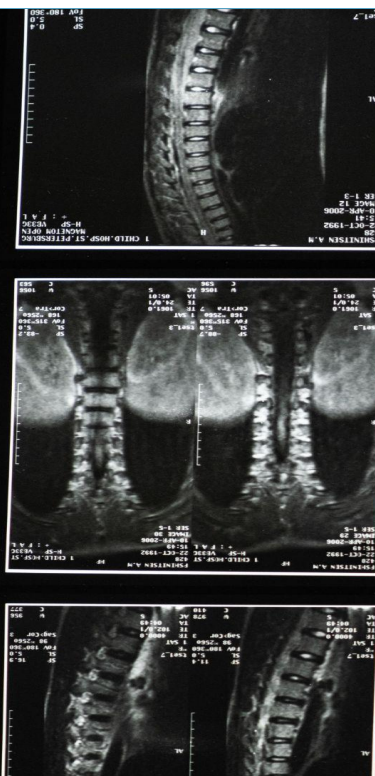
A logical thought is that if other health care options exist, why not combine them to improve the Outcome?

Current research supports both spinal adjustments and exercise, as delivered by physical therapy, can serve as a standalone beneficial option for headaches; however, the combination has no added clinical benefit (Dunning et al. 2016).

Performing regular exercise contributes to a healthy lifestyle and, when tolerated, is encouraged. However, additional health care options can needlessly consume your financial resources, energy, and time.

Instead, the benefits of chiropractic care alone build up over time. And greater improvements are seen in individuals who receive more frequent sessions. According to recent research, about two to three sessions per week for 6 weeks is the state-of-the-art recommendation (Haas et al. 2018) for benefits that can last for up to a year.

Learn more about patients' experiences and how chiropractic care can help people who suffer from headaches here: [How quickly can chiropractic care help with cervicogenic](#)



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