

Headache – pain in any region of the head.

Synonyms: Cephalalgia

Symptoms: The type of headache often determines where the pain occurs and its degree of intensity. There are several different types of headaches. The most common are tension-type, migraine, and cervicogenic (caused by dysfunction of the cervical spine).

How is it diagnosed?

Headaches are classified as either primary or secondary. Primary headaches are recurring and usually benign (not dangerous) in nature.

Secondary headaches result due to an underlying disease such as head injury, infection, drug use or withdrawal, etc...

There are hundreds of causes of headaches. A thorough history and examination can help determine the nature of your headache and direct the appropriate course of treatment. You may be referred for imaging tests, blood labs, or another doctor if appropriate.

How is it treated?

- Treatment depends on the cause of the headache. Tension-type and cervicogenic headaches respond well to chiropractic care. Treatment often includes spinal manipulation, manual therapy, exercise, massage, stress reduction techniques, and various therapeutic modalities such as ice or heat.
- Migraine headaches respond well to chiropractic manipulations, studies indicate approximately 14 sessions over a period of 8 weeks is expected to reduce the number of migraine attacks by 40%. Using the Elimination Diet to reduce food triggers has been very effective in eliminating migraines altogether.

Alternative treatments.

Medications such as NSAID's, opioids, anti-depressants. Cognitive behavioral therapy. Treatment of secondary headaches involves treating the underlying cause.

Prognosis is excellent for tension-type and cervicogenic headaches.

Duration of care: *Approximately* 10 - 14 visits spread out over 4 to 8 weeks.