



CLAIRPOINTE
FAMILY CHIROPRACTIC

Chiropractic and Headaches

www.clairpointe.com

There are several types of headaches such as tension, migraine, cluster and sinus to name a few. Many people first reach for over the counter drugs to help, but they are merely masking the pain and not solving the underlying issue.

A natural solution to headaches is chiropractic care. A subluxation of the atlas or axis vertebrae can put pressure on your brain stem and cause headaches or migraines. Also, we will work to restore the natural curve in your neck and proper alignment of the vertebrae through chiropractic adjustments and postural work. This will eliminate the interference in the nervous system and remove the cause of the headaches not just mask the symptoms.

Along with the adjustments, Dr. Shoe and Dr. Alex have a few more suggestions to help reduce your headache pain.

Take a roll of paper towel, place one of our ice packs on top of the roll and place it under your neck. ** Make sure the ice pack is covered with a piece of paper towel, the ice pack may get too cold and irritate your skin.

Use our cervical exercises you were given in your New Patient folder you when you first started care to help stretch your neck.

Cervical traction – in office and eventually at home will help restore and maintain the natural curve in your neck to allow for proper balance of the weight of your head on your spine.

If you are in a bind and cannot get in for your adjustment, rather than reaching for the bottle of aspirin. Try the supplement Salizain which is a natural form of aspirin that is not hard on your organs like most over the counter pain killers.

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