

Dr. Colin Gage

Nicola Valley Chiropractic
2076A Granite Ave.
P.O. Box 909
Merritt, BC
V1K 1B8

Ph: (250) 378-5456
Fax: (250) 378-8259
Email: info@merrittchiro.com
Website: www.merrittchiro.com

"treating the cause of your problem, not just the symptoms"

Q's and A's on Neck Pain and Headaches

Every week, I am asked questions about neck pain, headaches, and how a chiropractor can help. Therefore, I thought I would do a question/answer article addressing the more commonly requested topics.

Can a chiropractor really get rid of my headaches?

To answer this question, it will help if you understand what causes most headaches. Your spine protects your nervous system, which starts with the brain and becomes the spinal cord. When the vertebrae in your neck are stiff and unable to move properly, inflammation eventually arises and irritates the nerves in that area. This leads to muscle tension and joint pain, resulting in headaches. To correct this problem (called a chiropractic subluxation) a chiropractor gently adjusts or manipulates the vertebrae, which will restore their normal movement, allowing the joints and muscles to heal. Since most headaches are caused by subluxations, they will soon disappear.

Why would I have spinal problems in my neck?

There are many reasons why your neck can have problems. They can originally occur from falls, sports activities, motor vehicle accidents, bad posture or simply the stresses of daily living. It is also very common for headache sufferers to experience neck pain and stiffness.

But my headaches are migraines?

Migraine headaches are usually severe and sharp, throbbing in nature, and generally affect one side of the head. Tension headaches tend to occur frequently, last a long time and are characterized by a dull, steady pain that feels like a band of pressure around the neck. But despite these differences they are closely related. Chiropractic care has been proven to be extremely effective in treating migraine and tension headaches as well as neck pain and stiffness.

What will the chiropractor do to treat my headaches?

Your first visit will include a consultation and physical examination. Once your condition is fully understood, your chiropractor will explain your diagnosis and outline a treatment plan that is

tailored to your needs. Your chiropractor will use highly skilled, gentle manipulations to adjust the spine.

Once my headache stops, does the chiropractic care end?

Your body continues to heal after the pain has gone. Continuing to have chiropractic adjustments helps your vertebrae to remain mobile and keep the spinal joints healthy. When your spine is healthy, your nervous system will function more efficiently and your body will be better able to heal itself. In time, exercise, a healthy diet, and periodic visits to the chiropractor will help you stay healthy, pain free, and live life to the fullest.