



Work *Well* Every Day

Adjust Your Thinking - Consult a Chiro

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Factsheet

Headaches

Headaches and migraines can be debilitating and impact every aspect of our lives and can be the result of a work-related stress or spinal health condition. But we don't need to allow the pain of headaches to hold us back. An Australian Chiropractors Association (ACA) chiropractor can effectively diagnose and treat headache and migraine with a drug-free, "healing-hands" approach to spinal healthcare.

Are headaches holding you back?

If you or someone you know are among the 7 million Australians who suffer from tension headaches or the 4.9 million who suffer from migraine causing lost social activity, concentration and work capacity; chiropractic healthcare can provide effective, drug-free pain relief to headache and migraine sufferers.

Migraine and tension headaches are the most common headache disorders, both with disabling potential. With more Australians suffering from migraine or tension headaches than diabetes, epilepsy and asthma combined; the cost to the Australian economy is around \$35.7 billion annually.

However, the real cost to headache sufferers is immeasurable. The impact headaches have on their quality of life can greatly limit productivity at work and study, and rob sufferers of essential relaxation, social activities and precious time with children, family and friends.

If you're tired of headaches holding you back, consult a chiro today for effective drug-free pain relief and take back control of your health and wellbeing. ACA chiropractors are university trained healthcare professionals who apply precise and gentle spinal adjustments to correct spinal imbalance to successfully treat headaches and other spinal health conditions while providing advice on lifestyle to help prevent headache reoccurrence and treat other spine-related disorders.

Chiropractic healthcare provides over **350,000** consultations to Australians every week to treat spine-related conditions including headaches.

What causes headaches?

There are many causes of headaches, but studies have shown some of the most common causes are stress and spinal health conditions which maybe work related. A wide range of activities that can cause spinal health conditions that lead to headaches may include work-related stress or injuries, sports and exercise; poor posture (at work and home); physical activities (dancing, cycling, shopping, driving, gym, etc.); eye strain (including excessive screen time); dehydration; caffeine dependence and withdrawal; smoking and bright or noisy environments.

The three main types of headaches are tension and cervicogenic (neck related) headaches and migraines.

What are tension headaches?

Tension headaches are the most common form of headache causing mild to moderate pain. Described as a 'hat band' tightness around the forehead, temples and back of the head, tension headaches are often triggered by stress or fatigue. However, chronic tension headaches (those that persist for a long period of time or constantly recur), can be caused by ongoing stress and fatigue as well as physical and psychological or emotional health conditions. Chiropractic care provides an effective, reliable drug-free treatment for tension headaches and minimises reoccurrence.

What are cervicogenic headaches?

Cervicogenic (neck related) headaches are neck related due to a disorder of the top of the spine involving either the bony disc or soft tissue. Cervicogenic headache pain starts at the neck and can spread to the eyes, forehead, and temples. Pain is moderate to severe but not excruciating or throbbing. Studies confirm drug-free chiropractor care is more effective in treating cervicogenic headaches than mobilisation or exercise alone.

What are migraines?

Migraines are a chronic and disabling condition that often begins with a dull headache and develops into a constant, throbbing and pulsating pain at the temples and the front or back of the head. Sufferers can also experience nausea and vomiting and sensitivity to light and noise.

Migraines can be a complex and varied disorder with a range of severity, types and symptoms. 20% of migraines are 'Classic' migraines (with Aura) and 80% are 'Common' migraines (without Aura). An Aura is an important symptom that typically precedes the headache. Sufferers may also experience blurred vision, blind spots, and pins and needles in the face, hands, or arms.

Although migraines are often under-diagnosed and under-treated, chiropractors can help diagnose migraine and provide drug-free healthcare that's been shown to decrease migraine duration and severity.

Can medication alone treat headache pain?

While pain medications (prescription and over the counter) may provide temporary relief from headache; studies show that in some cases, the medications used to alleviate headaches can also trigger headaches. These are known as 'Medication Overuse Headaches' which is one of the reasons why chiropractic drug-free healthcare is the treatment of choice among headache sufferers.

How ACA chiropractors treat headaches and migraines?

ACA chiropractors are Australia's leaders in chiropractic healthcare - a proven, effective, low risk treatment for headaches, migraines and a range of spinal health conditions. Using specialised non-surgical techniques including specific spinal adjustments, various manual therapies and soft tissue techniques, ACA chiropractors treat the cause not just the symptoms. They assess work and lifestyle factors, and provide relaxation techniques to reduce reliance on medication that improves overall health and wellbeing.

So, if you're tired of headache's holding you back at work, home or school, consult an ACA chiropractor today for reliable drug-free pain relief from headaches and take back control of your health and wellbeing.

Headache check

Mark your headache pain points and discuss this with your chiropractor at your next appointment.



WorkSpace Week is the initiative of the Australian Chiropractors Association (ACA) aimed at minimising disorders that have a severe impact on the spinal health and wellbeing of Australians and educating them about the importance of maintaining positive spinal health. Look for the ACA Member logo at your local chiropractor or to locate an ACA chiropractor near you, visit

consultachiro.org.au

For a full list of references, visit chiro.org.au/campaign-references