

TIRED OF HEADACHES HOLDING YOU BACK? CONSULT A CHIRO



To download the Headache Factsheet
and to locate an ACA chiropractor visit
spinalhealthweek.org.au



Don't let headaches hold you back!

Did you know that over **4.9 million** Australians suffer from migraines and up to **7 million** suffer from tension headaches?

Did you know that headaches can be caused by poor spinal health and can be treated by an ACA accredited chiropractor?

If you suffer any of the following symptoms, an ACA accredited chiropractor can help provide drug free pain relief.

Migraines

- Has your pain started as a dull headache and developed into a constant, throbbing pain?
- Is the pain at the temples and at the front or back of your head?
- Do you suffer from nausea or vomiting?
- Do you have sensitivity to light and noise?

Tension Headaches

- Do you have a 'hat band' tightness around your forehead, temples and back of the head?
- Do you have mild to moderate pain?
- Do you suffer from fatigue, stress, poor posture, dehydration, caffeine dependence or eye strain?
- Have you been in bright or noisy environments?

Cervicogenic Headaches

- Do you have pain that has started in the neck?
- Is your headache one-sided spreading to the region of the eyes, forehead and temples?
- Do you have uncomfortable neck pain?

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