

# *Dwight Pain & Injury Center*

160 E. Main St. Dwight, Illinois 60420 (815)584-2225 [www.DwightChiropractor.com](http://www.DwightChiropractor.com)

[www.DwightChiropractor.com](http://www.DwightChiropractor.com)

**Click 'n Learn**  
**Print for Yourself & Friends!**

**(815)584-2225**

*Dr. Michael Smith DC, DACRB*

**Affordable chiropractic Care**

**Physical Therapy performed by the  
Chiropractic Rehabilitation Physician**

**Experience the Chiropractic Difference**

**Rehab, Relief, Recovery**

Chiropractic treatment of: **HEADACHES**

Just about everybody gets a headache once in a while, so why should you be unduly upset if you happen to be suffering from one.

Some illnesses, such as the flu, include a headache among the symptoms. But, if you're in reasonably good health, you have a right to wonder why you suffer from headaches. Resorting to aspirin, ibuprofen and other medication may dull the pain for a while but if the headache is persistent, you should seek treatment.

Causes of persistent and recurring headaches can include problems with the neck, upper back and upper rib joint mobility. Muscles of the neck, upper back, chest, and across the top of the shoulder that shrug the shoulder are common "**Headache Culprits**" also. These muscles can get tight, weak, overused and knotted up referring pain to the head. Tight muscles contribute to neck, back, and rib joint "jamming," becoming headache generators themselves. This muscle tightness & weakness combined with joint stiffness results in a muscle-joint imbalance that often requires chiropractic adjustments, muscle stretching, and muscle strengthening to restore normal balance and relieve the headache pains. Sometimes long-standing "migraines" are not always only migraines but severe headaches caused by the above described muscle and joint dysfunctions. Consider a Chiropractic consultation today to see if a care plan of muscle and joint treatments can help with your **HEADACHES**.

For **Help** with your **pain** and **activity limitations**, consider **DP&IC** today.

This information is to educate and inform, and is not a substitute for the advice of a licensed health care provider. Seek prompt attention for any specific health issue, or before starting an exercise and/or diet program.

Call (815)584-2225 today for appointment. Visit [www.DwightChiropractor.com](http://www.DwightChiropractor.com) for more.

**Dr. Michael S. Smith DC, DACRB, CCEP, CSCS**

**Affordable, Convenient, & Prompt**