

# HEADACHES

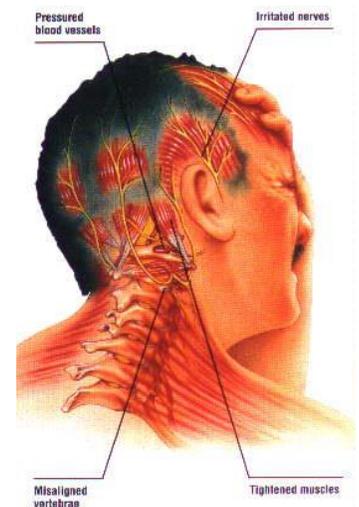
**TENSION HEADACHES** are one of the most common forms of a **headache**. It can occur at any age but is mostly common in adolescents and adults. It appears often as an isolated incident. For a tension headache to be considered chronic it must occur two to three times a week for months. It is the result of contraction of the neck and scalp muscles. One cause of the muscle contraction is a response to stress, depression, or anxiety. Any activity that causes the head to be held in one position can cause a headache. Such activities include typing or use of computer, fine work with the hands, and use of a microscope. Sleeping in a cold room or sleeping with the neck in an abnormal position can also trigger this type of headache.

Other causes include eye strain, fatigue, alcohol use, excessive smoking, excessive caffeine use, or conditions such as sinus infection, nasal congestion, overexertion, colds, influenza, etc.

## WHAT CAN CHIROPRACTIC DO?

Millions of headache sufferers are turning to the **natural, drugless** chiropractic approach to health. Chiropractors are the only healing professionals who are trained to analyze and correct the vertebral subluxation complex (VSC) – a spinal distortion that can be the cause of headaches. VSC may be causing serious harm to your body, sometimes for years, without your knowledge.

Chiropractors use their hands, X-Ray and other instruments to analyze your spine to determine if you have VSC. Then using special techniques, your chiropractor will perform a chiropractic spinal adjustment to correct the vertebral subluxation complex, removing the nerve pressure and spinal distortions. This permits your body to restore itself to a greater level of health and wholeness to better



heal itself and eliminate your headaches.

Chiropractic Hours  
Monday – Thursday  
8:00 AM – 12:00 PM  
2:00 PM – 5:00 PM  
Friday  
8:00 AM – 12:00 PM

Massage Therapy Hours  
Monday – Thursday  
8:00 AM – 6:30 PM  
Friday  
8:00 AM – 5:00 PM