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Dr. Michael Smith DC, DACRB

Cash or Credit Fee Schedule

\$25 Exam

\$30 Spinal or Extremity Adjustment

\$35 Acupuncture

\$25 Massage \$10/\$30 Dry Needling

\$175 Custom Foot Orthotics

Walk-In, No Appointment

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. A customized Chiro25, Ltd treatment plan with Chiropractic Adjustments **Consider an expert chiropractic evaluation at Chiro25, Ltd today if you suffer from Headaches.**

For **Help** with your **pain** and **activity limitations**, consider **Chiro25** 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.

Stop by today or visit our website at www.MyChiro25.com for more practice info.

Michael S. Smith DC, DACRB, CCEP, CSCS

Affordable, Convenient, & Prompt