



OH! MY ACHING HEAD!



What Can a Doctor of Chiropractic Do?

Your doctor of chiropractic may do one or more of the following if you suffer from a primary headache:

Perform spinal manipulation or chiropractic adjustments to improve spinal function and alleviate the stress on your system.



Provide nutritional advice, recommending a change in diet and perhaps the addition of B complex vitamins.



Offer advice on posture, ergonomics (work postures), exercises and relaxation techniques. This advice should help to relieve the recurring joint irritation and tension in the muscles of the neck and upper back.



Doctors of chiropractic undergo extensive training to help their patients in many ways beyond just treatment for low-back pain.

They know how tension in the spine relates to problems in other parts of the body, and they can take steps to relieve those problems.



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