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PAIN RELIEF

Headaches & Chiropractic

Getting to the Root of the Pain

How cervicogenic and tension headaches respond to chiropractic treatment.

A free patient education guide from our doctors
(630) 289-2225 · freedomwellness.llc · Hoffman Estates, IL

Welcome

Headaches are among the most common health complaints there are. For some people they are an occasional annoyance; for others they steal days of work, time with family, and quality of life.

Many headaches are connected to the neck, posture, and muscle tension, which is where chiropractic care may help. This guide explains the most common types and a practical plan for fewer, milder headaches.

Know Your Headache Type

- **Tension-type headache:** a band-like pressure around the head, often linked to stress, posture, and tight neck and shoulder muscles
- **Cervicogenic headache:** pain referred from the joints and tissues of the upper neck, often one-sided and worse with neck movement or sustained postures
- **Migraine:** often throbbing, sometimes with nausea, light or sound sensitivity, or aura; has neurological and genetic components

Different headaches have different drivers, so an accurate assessment matters.

When a Headache Is an Emergency

Call 911 or seek emergency care for a sudden, severe 'worst headache of your life,' a headache with fever and stiff neck, confusion, weakness, trouble speaking, vision loss, or a headache after a head injury.

The Neck-Headache Connection

The nerves of the upper neck share pathways with nerves that sense pain in the head. When joints in the upper cervical spine are restricted or the surrounding muscles are irritated, pain can be felt in the back of the head, temples, or behind the eyes.

Research suggests that spinal manipulation, mobilization, and targeted neck exercises can be helpful for cervicogenic headache, and that manual therapy combined with exercise may reduce tension-type headache frequency for some people.

How We Help

- Detailed headache history and neck examination
- Gentle upper cervical and thoracic adjustments
- Soft tissue therapy for neck, jaw, and shoulder muscles

- Deep neck flexor strengthening
- Posture and workstation coaching
- Identifying triggers such as sleep, hydration, and stress

Track Your Triggers

A simple headache diary is one of the most powerful tools you can use. For two to four weeks, note when each headache starts, how intense it is, what you were doing, what you ate and drank, how you slept, and your stress level. Bring it to your visit; patterns often jump off the page.

Small Habits, Big Difference

Regular sleep, steady hydration, regular meals, and frequent posture breaks are some of the simplest and most effective headache prevention strategies.

Headache Prevention Checklist

- ☐ 7 to 9 hours of consistent sleep
- ☐ Water throughout the day
- ☐ Do not skip meals
- ☐ Screen breaks every 45 minutes
- ☐ Daily chin tucks and shoulder rolls
- ☐ Headache diary for patterns

Common Questions

Can chiropractic help migraines?

Some patients report fewer or milder migraines with care that addresses neck tension and lifestyle triggers. We coordinate with your medical provider.

Should I stop my medication?

Never change medication without talking to your prescribing provider.

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YOUR NEXT STEP

Let's get you feeling your best again.

Ready for fewer headache days? Call (630) 289-2225 to schedule an evaluation.

Book Now: (630) 289-2225

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OFFICE HOURS

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