

Tension Headache Information

Courtesy of Desirée Van Bogart, D.C.
Desired Health Chiropractic (763) 205-6192

Health Alert:

Tension Headaches Worsened by Pain Relievers

Stress is the most common trigger of headaches. In our busy, fast-paced world it is hard to slow down and take time to relax. Chronic stress can lead to numerous health implications, but tension headaches are one of the first symptoms to appear.

Tension headaches are usually associated with tight muscles of the neck, shoulders, and upper back. These headaches cause pressure and aching pain at your temples or the back of your head and neck. Often these headaches get worse towards the end of the day as the stress builds.

Most people try to treat their tension headaches with pain relievers like acetaminophen or aspirin. Regularly taking these pain relievers may lead to rebound headaches. A rebound headache occurs once pain medication has worn off, prompting a person to take another dose. This can lead to a cycle of more frequent headaches and taking higher doses of medication more often until a person builds up a tolerance. At that point, the person cannot stop taking the pain relievers without having a headache.

Chiropractic:

Tension Headaches Treated with Adjustments

A 2001 study by researchers at the Duke University Evidence-Based Practice Center found that chiropractic adjustments resulted in almost immediate improvement for those headaches that originate in the neck, and had significantly fewer side effects and longer-lasting relief of tension-type headache than a commonly prescribed medication.

Chiropractic treatments eliminate nerve irritation by aligning the vertebrae of the spine. This allows the nervous system to properly communicate throughout the body. This results in relaxed tight muscles, increased range of motion in the neck, and reduced pain responses.

There are many different types of headaches, so it is important to be evaluated by a chiropractic doctor to determine the correct diagnosis and best course of treatment. Luckily, chiropractic adjustments usually alleviate tension headaches quickly and without the need to continue taking medications. Regular chiropractic care will reduce muscle tension, eliminate nerve irritation, and actually prevent these types of headaches recurring in the first place.

One Decision Can Change Your Life.

Our approach to medicine, healing, and wellness is a little different at Desired Health Chiropractic. We do not care for people's problems; instead we care for the person. We know you are looking for an answer to your health concerns. We know you may be frustrated, confused, and angry at your current state of health.

Regardless of where you have been, we can offer you a new beginning that can and will change your life. Consider Desired Health Chiropractic as your haven for healing.

***Know someone you care about with pain?
Share this newsletter when you are done
and you may help change their life!***

Exercise:

Reduce Tight Muscles with Improved Posture

Poor neck posture leads to a forward head position which is one of the most common causes of neck, head and shoulder tension. A forward neck posture of 3 inches increases the weight of the head on the neck by 30 pounds and the pressure put on the muscles increases 6 times.

This simple exercise will help prevent the ill effects of the slumped posture. Hold this position for 20-30 seconds each time. Do this several times throughout the day, especially to reduce stress and tight muscles.

Roll your shoulders back and down by squeezing your shoulder blades together, rotate your hands outward, then pull your chin straight back as if you are trying to touch your chin to your neck. Do not bend the head forward.

Mental Attitude:

***Tension is who you think you should be.
Relaxation is who you are. ~Chinese Proverb***