

# 'What that pain in my head?'

## Health On Hand

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## Have Headaches!

Headaches are so common that a Google search will produce over 63 million results. There are many different types, sinus headaches, cervicogenic headaches, migraines and stress headaches.

According to the world health organisation it is estimated that 50% of adults have had at least 1 headache in the last 12 months. It is also the world's 3rd leading cause of years lived with disability.

Depending on the severity of the headache it can sometimes affect your ability to carry out daily activities and even affect your mental state.

### Is the pain in your head a headache or a migraine?

- **Headache:**
  - They can vary greatly in their duration, cause and severity.

Generally Headaches will last a few hours and sometimes overnight. For example a hangover headache may last a few hours in the morning and

headaches associated with an illness will improve when the illness is over.

### What are the symptoms of a Tension headache?

- Headache symptoms relating to neck movement
- Pain when pressure is applied to structures in the neck and base of the skull
- Restricted neck range of movement worsening headache

### Many things can cause tension headaches such as:

- Posture
- Stress
- Tight neck muscles
- Neck trauma

### **Migraines:**

- Generally speaking, migraine 'attacks' are experienced as a headache of at least moderate severity usually on one side of the head and occurring with other symptoms such as nausea, vomiting,

sensitivity to light and noise (this may not always be the case).

## So how can chiropractic help?

Chiropractic treatment will start to loosen the joints which are dysfunctional and restricted, thus allowing the joints to move freely within their normal limits once again., leading to the nervous system/muscles to relax. Once the relaxation has occurred the painful signals sent to the Trigeminal nucleus are stopped. Guess what? No more headache!

For further information on chiropractic and if we can help you or your colleagues please call Health on Hand Mansfield, 15 St John Str, Mansfield, on; **01623 635333**  
**Give us a call if you think you could benefit from chiropractic treatment. FREE assessments are available if you're unsure or visit [www.healthonhand.co.uk](http://www.healthonhand.co.uk)**

**Special rates available to 2020 members: Initial Consultation and treatment £40, follow up treatments £30. Offer valid the whole of 2019. Please quote '2020' when making the appointment.**