



## Evidence-Based Guidelines for the Chiropractic Treatment of Adults with Headache

*Journal of Manipulative and Physiological Therapeutics. Volume 34, Number 5. 2011*

Treatment Modalities Typically Used by Chiropractors	
Spinal Manipulation	Education
Mobilization	Physical Therapy Modalities
Device- Assisted Spinal Manipulation	Strengthening and Stretching Exercises
Education	Massage
Advanced Soft Tissue Therapies	Heat/Ice

*“Spinal manipulation is recommended for the management of patients with episodic or chronic migraine with or without aura. This recommendation is based on studies that used a treatment frequency 1 to 2 times per week for 8 weeks (evidence level, moderate)”*

Headaches are a common source of pain and disability for adults worldwide. An accurate initial diagnosis and appropriate classification is key to establishing the proper treatment protocol.

This paper examined the recent literature published regarding the chiropractic treatment of headaches. Over 20 articles were analyzed to create these evidence-based guidelines. Spinal manipulation, the hallmark of chiropractic care, has been recommended for the treatment of migraine headaches and cervicogenic headaches.

For many patients, chiropractic care has resulted in a decrease of frequency and severity related to these debilitating headaches. This reduction in pain and improvement in quality of life is the reason many people seek chiropractic care for headaches.

*“Only controlled clinical trials; randomized, controlled trials; and systematic reviews were selected as the evidence base for this guideline consistent with current standards for interpreting clinical findings.”*

*“Evidence suggests that chiropractic care, including spinal manipulation, improves migraine and cervicogenic headaches. The type, frequency, dosage, and duration of treatment(s) should be based on guideline recommendations, clinical experience, and findings. Evidence for the use of spinal manipulation as an isolated intervention for patients with tension-type headache remains equivocal.”*

We believe in creating a healthier community. We believe patients have better outcomes when physicians work together. Let's build a healthier tomorrow.

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