

- Treatment plans are specific to each Veteran.
- At first, appointments may be 1-3 times per week.
- After a few appointments, Veterans may be re-evaluated.
- If symptoms improve, treatment will focus on maintaining progress.
- Maintenance treatment may be once per month.
- Discuss the risks and benefits of chiropractic with either your primary care or a chiropractic clinician.

PREPARING FOR CHIROPRACTIC

You should tell the chiropractor if you have any of the following conditions:

- Fusion of the neck
- Plaques of the carotid artery
- Fear of adjustment in neck due to popping or cracking sounds
- Heart problems
- Ruptured spinal disc
- Bone weakness



rehab.va.gov/chiro/

rehab.va.gov/chiro/locations.asp
 acatoday.org/Patients/Health-Wellness-Information/Headaches-and-Chiropractic



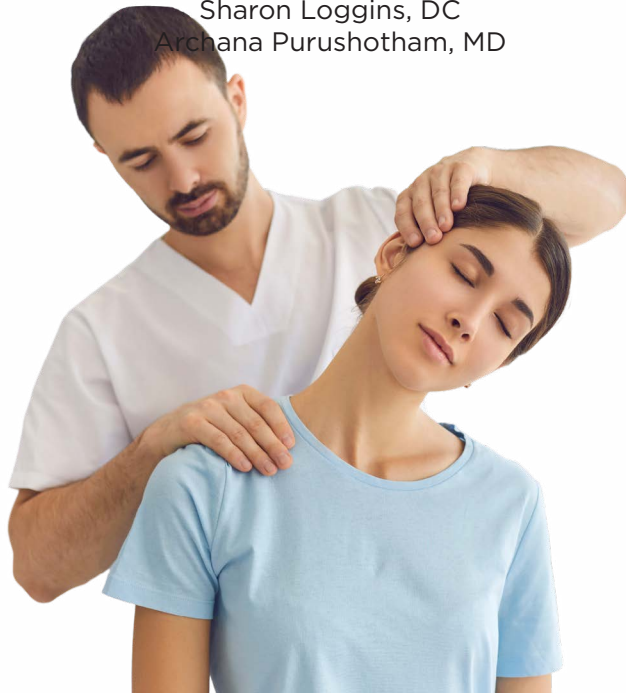
Additional information on complementary headache management can be found at:

mirecc.va.gov/VISN16/complementary-and-alternative-approaches-to-treating-headaches.asp

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 SC MIRECC Website: mirecc.va.gov/vishn16/

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CHIROPRACTIC FOR TREATING HEADACHES



Veteran Brochure



This brochure was supported by a clinical educator grant from the VA South Central Mental Illness Research, Education and Clinical Center (MIRECC).

HEADACHE SYMPTOMS

Many Veterans experience headaches.

The two most common types of primary headaches are:



Migraine

- Neurological condition
- Moderate-to-severe pain
- Pulsating/throbbing pain quality
- Nausea and vomiting
- Sensitivity to both light and sound

Tension-Type Headache (TTH)

- Most common headache disorder
- Mild-to-moderate pain intensity
- Tightening/pressing pain quality

THE CHIROPRACTIC PROCESS

The chiropractor will examine the spine for motion limitations in the joints of the neck.

- They may also use X-ray images to look for spinal misalignments.

Spinal manipulation is used to:

- Improve how the bones in the back line up
- Reduce nerve irritation
- Relax muscle tension
- Improve blood flow

A chiropractic “adjustment” is when chiropractors use their hands or a small instrument to apply a force to a joint.

- The goal of this adjustment is to improve motion and how the body works.

A neck adjustment is the treatment for headache.

VETERAN EXPERIENCE

- Gas in the joint is released when the joint is opened up and this may cause popping or cracking sounds.
- Some individuals report mild soreness or aches after chiropractic sessions.



WHAT IS CHIROPRACTIC CARE

Chiropractic is a physical technique based on the diagnosis and treatment of misalignments of the spine or lack of movement of the joints of the spine.

The chiropractor may recommend exercise, stretching, and changes in posture.

- They may also teach relaxation techniques.



CHIROPRACTIC IMPACTS HEADACHES

Chiropractic reduces the overall number of days with headaches for individuals with migraine and tension-type headaches.



IMPORTANT INFORMATION TO SHARE WITH YOUR CLINICIAN:

Think of answers to these questions so that your clinician may better understand your personal experience with headaches.

- In your culture, do headaches have another name?
- Why do you believe you have headaches?
- How do headaches affect the rest of your body?
- Do you think that the headaches will get better soon?
- What worries you most about your headaches?
- What problems have your headaches caused?
- What matters to you most for the treatment of your headaches?