

Do Manual Therapy Techniques Have a Positive Effect on Quality of Life in People with Tension-Type Headache? A Randomized Controlled Trial

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Performing repetitive tasks with a forward head posture and a hunched, or hyperkyphotic thoracic spine, is how a majority of our patients spend their day! Our modern lifestyle has resulted in a toxic combination of long hours on the computer at work, longer commutes sitting in our car, and a healthy dose of texting throughout the day. All of these factors combine to create muscle imbalances, postural changes, and even chronic tension headaches.

Tension headaches currently account for over 90% of all headaches and affect over 20% of the population. New research from the *European Journal of Physical and Rehabilitation Medicine* found that a combination of spinal manipulation and sub-occipital inhibitory pressure was able to significantly improve the quality of life for patients suffering from tension headaches.

In our experience spinal manipulation, ergonomic coaching, manual therapy, and active postural strengthening exercises have provided outstanding results for patients with these debilitating headaches.

"...a number of studies have shown that treatment with cervical manipulation is effective in reducing the frequency of pain, and the duration, and intensity of headaches."

"Post-treatment and at the one month follow-up, the combined treatment group (sub-occipital inhibitory pressure and sub-occipital spinal manipulation) showed improved vitality and the two treatment groups that involved manipulation showed improved mental health."

"All three treatments were effective at changing different dimensions of quality of life, but the combined treatment showed the most change."

Overall Results of the SF-12 Health Questionnaire

