

Dose-Response and Efficacy of Spinal Manipulation for Chronic Cervicogenic Headache: A Pilot Randomized Controlled Trial

The Spine Journal. 2010 February

Headaches are a common reason for many people to visit their doctor. Not only do headaches severely impact their quality of life, but it results in over 157 million days per year lost from work with a societal cost of over \$50 billion. Needless to say, it's a big deal.

But, there is hope for a vast majority of headache sufferers'. This paper from *The Spine Journal* added to the accumulating evidence that spinal manipulative therapy (SMT) is one of the best ways to find relief. In this study, the average patient who received SMT reduced their headache frequency by 50%!

Additionally, the researchers found that treatment plans between 8-16 visits provided a significant reduction in pain scores. This reflects what we have seen in our practice. Improving cervico-thoracic motion, decreasing inflammation, and establishing better posture with enhanced core muscle strength are essential components of helping people win their battle against daily headaches.

"Epidemiological studies report that 5% of adults suffer from headaches on a daily basis; approximately 7 million adults report suffering from headaches every other day."

"...the average spinal manipulative therapy patient could cut the number of headaches in half by 8 weeks."

"a plateau in intervention effective might be found in the range of 8 to 16 treatment sessions, although a dose effect at these treatment levels cannot be ruled out. The study also adds to the support of SMT in moderate doses as a viable option for the treatment of cervicogenic headache."

