

Headache Sufferers

Our ultimate guide
to being pain free
without painkillers



THE CHIROPRACTIC CENTRE

· BRISTOL ·

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6 quick and easy steps to sort those annoying headaches

Headaches and migraines are the second most common complaint we see at The Chiropractic Centre. It has been estimated that, globally, 50% of adults have had a headache in the last 12 months. Also, headaches are the third highest cause of years lost to disability.

At The Chiropractic Centre we find that most headaches are caused by a subluxation in the neck. A subluxation is a 'stuck' vertebra in the neck irritating one of the nerves that travel up into your head; it can also be called a trapped nerve. As Chiropractors we relieve the pressure on the nerves that are causing the headache. This is why we are known to be great at helping relieve headache sufferers.

Here are our top 5 quick and easy steps to help relieve your headaches:

1 Stop looking down at your phone or laptop

Your head weighs 4.5-5kg; around the same weight as a bowling ball or watermelon – so it's very heavy. The more time you spend looking down at your device, the more forward your head becomes.

Trying to hold a bowling ball close to your chest is fairly easy. Try holding one away from your body with arms stretched out all day, it's a lot harder! This is representative of the stress in your neck and shoulders when your head is slumping in front of your phone or laptop.

This then puts pressure on your joints, muscles, discs and nerves in your neck. This extra pressure is a big cause of headaches, which is one of the main reasons people report having a headache after staring at a screen for a prolonged period of time.



2 Take time to de-stress

Whether it is meditation, yoga or hitting a punch bag as hard as you can, you need to take time for yourself and de-stress.

When you are stressed there are chemical changes in your body that are linked to pain and headaches. The 21st century and 'modern life' is full of chronic stresses and so it's really important to combat them regularly.

Reconnecting with nature, like a phone free walk in the woods, is another great way. Being surrounded by green fields or trees has been proven to have a positive effect on the mind.



3 Stretch the tight headache triggering muscles

Follow the shown exercise to stretch the main headache causing muscles, the levator scapulae and the sub-occipital muscles. These muscles are key in holding your head up and get massively overworked when your head slumps forward, like when you're looking at your phone.

To perform turn your head 45 degrees to the left and stretch your head down towards your armpit. Hold for 30 seconds and repeat on the other side. Do this 2x per day.

If this stretch causes any pain then please consult a professional for further advice.

4 Get enough sleep

Getting 7-8 hours of deep, uninterrupted sleep will help you wake up feeling refreshed as well as preventing your headaches.

Avoiding exposure to blue light one hour before bed is essential to achieving this. Blue light comes from screens, so no phones, tv or other electrical devices before bed.

Having a tidy, uncluttered room can also contribute to a clear mind and therefore a good night sleep.

5 Stay hydrated

Over 70% of you is water, and it needs topping up. Staying properly hydrated is essential for a well functioning body and brain. A headache with a hangover is often linked to dehydration.

Aiming for 8 large glasses or 2 litres of water a day is a good start. You can't really drink too much water, but you can definitely drink not enough.



6 Get your spine well aligned

As mentioned, a large contributor to headaches is pressure building at the top of neck from your posture. This puts a lot of pressure on the muscles, but it also puts a lot of pressure on the spinal joints and the headache causing nerves.

One of the best ways to relieve this tension is through re-aligning the joints of your spine and taking pressure off the nerves. And the best way to do this is through Chiropractic.

Find a local, reputable Chiropractor to properly assess your spine, nerves and muscles to find the root cause of your headaches.



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