

# Is Your Headache a Pain in Your Neck?

WRITTEN BY: DR. RACHEL KOHN, DC

I bet you're thinking something like 'Of course not! It's OBVIOUSLY a pain in my head!' You're right of course, but did you know, many headaches start with tight muscles in your neck and shoulders and that pain then travels or refers into your head? These are known as tension, or stress headaches. Tension headaches are often felt as a pressure or a vice like feeling across the forehead, in the temples, or the back of your head. Often, tension headaches can be treated by getting the muscles causing the headache to relax using massage, chiropractic, ice, or over the counter medications as a last resort.

Did you know that there are over 150 diagnostic categories of headaches that have been established?! I'm only going to briefly discuss the 4 most commonly experienced types of headaches in this article both for the sake of time and in an attempt to not put my readers to sleep.

The most common headache is discussed in the above opening paragraph and is the tension headache. Tension headaches have many names and presentations and although uncomfortable typically only cause mild to moderate pain and will typically resolve on their own in a few hours.

The next and more severe headache is the Migraine. There are several types of migraine, they are all moderately to severely terrible for the person experiencing it. Symptoms of migraine headaches include sensitivity to light or sound (photophobia or phonophobia), sensitivity to smells, nausea, vomiting, or loss of appetite, not to mention the throbbing pain behind one of your eyeballs and squeezing sensation in the temporal area. The actual cause of migraines is as yet largely unknown; there are a few theories: the most popular is called the Neurovascular Theory which suggests that various triggers (dietary, environmental, stress) may cause abnormal brain activity, this activity causes changes in the blood vessels in the brain. Due to the theory that migraines may be caused by increased blood flow to the head, it may be beneficial to place an ice pack on the back of your neck and forehead while you're sequestered in a dark quiet room waiting for the Excedrine to take effect. A daily dose of riboflavin may be beneficial in migraine prevention, I'm sure anyone who suffers from chronic migraines wants badly to prevent the next one.

The least common and most severe type of headache is the Cluster headache. The pain of a cluster headache is intense and may be described as having a burning or piercing quality that is throbbing or constant located around or behind one eye without changing sides. The pain is so severe that most cluster headache sufferers cannot sit still and will often pace during an attack. Cluster headaches occur one to three times per day during a cluster period, which may last two weeks to three months. The headaches may disappear completely (go into "remission") for months or years, only to recur. You may want to consider seeking your MD's opinion for management of this type of headache.

Sinus headaches are typically pretty mild but can be moderate in intensity. They are associated with a deep and constant pain in the sinus cavities located in the cheekbones, forehead, or bridge of the nose. The pain usually intensifies with sudden head movement or straining and usually occurs with other sinus symptoms, such as nasal discharge, feeling of fullness in the ears, fever, and facial swelling. These usually resolve with relief from pressure in the sinus cavities that can be caused by allergies (seasonal, or mild food allergies), diet, and viral and bacterial infections

If you are unsure what kind of headaches you're having, start a headache journal and record your symptoms, when they occurred, what you did earlier in the day/night, what you ate, etc. then give us a call at 503-855-3375 and we can help you sort out what type of headaches you are having and what would be the best treatment options for you! Chiropractors are very good at treating most types of headache. Treatments differ for everyone but often include chiropractic adjustments, muscle work, stretches, corrective exercises, endonasal or nasal specific treatment, dietary changes, supplements and life style changes. If you would like to know if chiropractic care could help you, give our office a call and talk to one of our amazing doctors!



**Dr. Rachel Kohn** attended University of Western States and received her Doctor of Chiropractic in 2013. Dr. Kohn enjoys treating all chiropractic conditions, her areas of focus include animal chiropractic. She can be reached at Active Life Chiropractic and Rehab at 503-855-3375

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## Headaches Studies Show that Chiropractic Care is Beneficial for Headaches

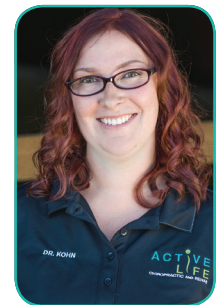
- Tension Headaches
- Chronic Headaches
- Migraines
- Acute Headaches
- Cluster Headaches
- Behind the Eyes
- Sinus Headaches
- Frontal Headaches

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Dr. Rachael Newman was born and raised in Oregon. After completing her undergraduate education at Portland State University, she completed her doctorate degree in chiropractic at the University of Western States in 2013. Dr. Newman enjoys treating all aspects of spine and extremity pain as well as injury rehabilitation. She has training in kinesio taping, Gaston Technique and is furthering her education in functional medicine and functional neurology. Dr. Newman's passion for chiropractic came after suffering a back injury and undergoing several spinal surgeries. She believes that having this personal experience allows her to connect and care for her patients on a deeper level.



Dr. Kohn was raised in NE Ohio, her interest in Chiropractic started when she was 11 years old after her first visit to a chiropractor. She received her Bachelor of Science in Biology and minor in chemistry from Coastal Carolina University in 2010. She attended University of Western States and received her Doctor of Chiropractic in 2013. Dr. Kohn enjoys treating all chiropractic conditions, her areas of focus include animal chiropractic, chronic sinus congestion, and TMJ Disorders. In her spare time, Dr. Kohn enjoys spending time outdoors with her dog, and riding horses whenever possible.



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