

Spinal Manipulative Therapy for the Treatment of Headache

The following research highlights some of the evidence for the management of headache with spinal manipulative therapy, in particular, headaches that arise from inflammation or disturbances in neck function.

Cervicogenic Headache

Evidence-based guidelines for the chiropractic treatment of adults with headache.

<https://www.ncbi.nlm.nih.gov/pubmed/21640251>

Manual therapies for primary chronic headaches: a systematic review of randomized controlled trials

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4194455/>

Upper cervical and upper thoracic manipulation versus mobilization and exercise in patients with cervicogenic headache: a multi-center randomized clinical trial.

<https://www.ncbi.nlm.nih.gov/pubmed/26852024>

Dose-response and efficacy of spinal manipulation for care of cervicogenic headache: a dual-center randomized controlled trial.

<https://www.ncbi.nlm.nih.gov/pubmed/29481979>

Migraine and Tension Type Headache

Do manual therapy techniques have a positive effect on quality of life in people with tension-type headache? A randomized controlled trial.

<https://www.ncbi.nlm.nih.gov/pubmed/26928164>

Evidence-based guidelines for the chiropractic treatment of adults with headache.

<https://www.ncbi.nlm.nih.gov/pubmed/21640251>

Manual therapies for primary chronic headaches: a systematic review of randomized controlled trials

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4194455/>

A randomized controlled trial of chiropractic spinal manipulative therapy for migraine.

<https://www.ncbi.nlm.nih.gov/pubmed/10714533>