

# Chiropractor for Migraines and Headaches in Chandler, Arizona

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According to MedlinePlus, around **12 percent of the U.S. population suffers from migraines**. Many more people experience occasional headaches that **affect their daily activities**. Seeking out a chiropractor for migraines or frequent headaches can help you alleviate some of the effects from this condition. **Many people see dramatic improvements after receiving chiropractic care.**

At **Advanced Back & Neck Care** in Chandler, Arizona, **we carefully work with each patient to determine a path of treatment that's best for his or her unique situation.**

## What Causes Migraines and Headaches?

It's not always easy to figure out why you're getting migraines. Here are some common causes of frequent headaches:

- Many women experience them with **hormonal changes**, either throughout their monthly cycles or as they start to enter menopause.
- Environmental factors like **bright light**, **strong scents**, or **cigarette smoke** can bring on migraines.
- People also get migraines or headaches from **certain foods** or **food additives**. *Salty foods, artificial sweeteners, and foods with MSG* are often the culprit.
- **Dehydration** frequently causes headaches.
- **Stress**, however, is probably one of the biggest causes of headaches and migraines. People who are stressed **tend to tense their muscles** – particularly the muscles **around the neck and shoulders**. If you're feeling stressed, you might also **clench your jaw** without realizing it. **Tense muscles put your body out of alignment.**

*A good chiropractor can put your body in a better position.* Chiropractic care is particularly helpful for those who

experience headaches and migraines from stress.

## How Headache Chiropractic Care from Advanced Back & Neck Can Help

The Migraine Treatment Centers of America states that **headaches are the one of the most common reasons that people seek out chiropractic care.**

### Spinal Adjustments

**Spinal adjustments can reduce the frequency of your headaches** or at least **reduce the level of pain**, especially when done on a regular basis.

During a visit to our office, **our professional chiropractors** will perform a few tests to check the alignment of your body. After discovering the areas that are not in alignment, your chiropractor will make “adjustments.” This involves **twisting and stretching the body to move bones back into alignment**. You’ll often hear a **popping sound**. That’s just **air releasing from the joints** and is nothing to be concerned about. Most people find their experience at our offices to be **relaxing**.

After your adjustment, you may feel great. It’s also not uncommon to feel a bit “off” as your body adjusts to proper alignment. **If for some reason your pain level increases, it’s important to let your chiropractor know.**

### A Full Treatment Plan for Migraines and Headaches

When you visit our chiropractic office, you’ll receive a **treatment plan that’s designed with your needs in mind**. A single visit alone won’t get rid of your problem. In most cases, those who suffer from headaches and migraines start their treatment with **once- or twice-a-week spinal adjustments**. At each visit, your chiropractor will ask questions to assess how well the last **treatment** worked. He or she may repeat the same treatment or may make adjustments to improve efficiency.

**As your pain starts to fade, patients only need to come for adjustments once or twice a month**. Some patients are even able to stop seeing a **chiropractor for headaches** altogether. Treatment takes time, but it’s **effective** in most situations.

### More Than an Adjustment – What You Can Do From Home

The **spinal adjustment** can greatly **reduce your migraine pain and frequency**, but migraines can start to occur again as you slip back into old habits.

In addition to the adjustments you receive in the office, you’ll also want to incorporate other **lifestyle techniques** you’ve learned to **reduce the frequency of your migraines**. These treatments might include:

- **Paying attention to your diet**
- **Reducing stress through meditation or yoga**
- **Avoiding anything that triggers a migraine.**
- If your doctor has **prescribed medication**, you can continue to take it.
- Our chiropractors will also give you **tips for stretches and posture** that will help keep your headaches at bay while going about your day. When you **take care of your body** in this way, you’re less likely to suffer.

By combining all of these **techniques** with **professional chiropractic care**, you should see a **dramatic improvement** in your migraines or headaches.

## Migraine and Headache Help Is Just a Phone Call Away with Advanced Back and Neck in Arizona

You could soon be on the path to a *pain-free life*. Contact [Advanced Back & Neck Care](#) today to schedule your first appointment. You can call **480-814-7115** or [request an appointment through the contact page on our website](#). We're *open six days a week*, and many of our patients use their health insurance coverage to pay for treatments.

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