Credence Chiropractic Releases Conditions Guide on Headaches and Migraines

August 20, 2026

GEORGETOWN, TX - August 20, 2026 -
Credence Chiropractic has published a conditions guide addressing headaches and migraines as part of its educational resources on neurologically based care. The guide outlines common causes, symptoms, assessment considerations, and the role of chiropractic approaches when appropriate. Established in 2017, the practice focuses on supporting families through non-invasive methods that examine nervous system function and brain-body communication.

The guide describes headaches as pain or pressure felt in the head, face, or upper neck. Primary headache disorders include migraine, a neurological condition, and tension-type headache. Secondary headaches may stem from infection, medication overuse, head injury, high blood pressure, or issues involving the brain, eyes, sinuses, jaw, or neck. Common contributing factors listed include stress, sleep disruption, dehydration, skipped meals, hormonal shifts, muscle tension or referred pain from the neck or jaw, caffeine changes, viral illness, sinus inflammation, eye strain, and prior head or neck injury.

Symptoms covered in the resource include pressure, tightness, throbbing, or one-sided pain, along with nausea or vomiting, sensitivity to light, sound, smells, or movement, visual or sensory changes known as aura, neck or jaw tension with reduced range of motion, fatigue, and difficulty concentrating. The guide emphasizes that not every headache originates from the spine and that careful evaluation is required to determine the appropriate path forward.

Assessment at the practice begins with a detailed history that includes onset, location, frequency, associated symptoms, triggers, prior injuries, medications, and any warning signs. When indicated, evaluation may include posture, jaw and neck motion, muscle tone, neurological function, and movement patterns. The guide states that red flags, migraines requiring medical management, or unexplained findings lead to referral to primary care, urgent care, or neurology. Chiropractic care is considered only when appropriate and is coordinated with other providers based on the individual pattern presented.

For certain headache types, such as cervicogenic or tension-type headaches, the guide notes that some individuals may benefit from manual therapy and related approaches after serious causes have been excluded. Neck structures can refer pain that contributes to headache patterns, and muscle tension may play a role in specific cases. Regarding migraines, the resource indicates that some people report improvement with conservative care, while clarifying that chiropractic care is not a cure and does not replace medical migraine treatment. Care plans remain individualized.

The practice employs neurologically based methods, including the Torque Release Technique, as part of its approach to supporting nervous system function. This technique uses precise, gentle inputs intended to address areas of interference in brain-body communication. Advanced assessment tools available through the practice help evaluate relevant patterns before any care plan is developed. Services are structured to integrate with whole family, prenatal, and pediatric care models when relevant.

Dr. Chris Hill, co-founder and chiropractor at Credence Chiropractic, addressed the importance of thorough evaluation in headache care. Dr. Chris Hill stated, ?A careful history and examination are essential because many headaches are not driven by the neck. Understanding the individual pattern and coordinating with other clinicians can help ensure that each person receives appropriate support.? His background includes graduation from Logan University and advanced training in pregnancy and pediatrics.

Kate Hill, co-founder and certified doula at Credence Chiropractic, shared context related to personal experience with headache patterns. Kate Hill noted, ?My own experiences with headaches and migraines gave me a personal understanding of how disruptive these patterns can be. That experience helped shape our interest in providing families with thoughtful, individualized care and clear information about their options.? Her experience contributed to the decision to establish the practice focused on natural approaches for families.

The guide also reviews broader management considerations that may accompany any care plan. These include attention to hydration, regular sleep and meals, identification of triggers, physical activity, stress management, and review of medication patterns with a clinician, since frequent use of acute pain relievers can contribute to rebound headaches. Migraine-specific medical options such as triptans, gepants, preventive medications, or injectable therapies are acknowledged as potential components of coordinated care.

New patients follow a structured process that includes consultation and neurological assessment to gather objective information before recommendations are made. This sequence supports individualized planning and helps determine whether chiropractic care is suitable or whether referral is indicated. The practice model prioritizes screening for serious causes and maintaining clear communication with other healthcare providers.

Since opening in 2017, Credence Chiropractic has maintained a focus on neurologically based chiropractic care for families. The publication of the headaches and migraines conditions guide reflects an ongoing effort to provide clear educational information on when and how its methods may fit within a broader care approach. Dr. Chris Hill?s clinical training and Kate Hill?s background in supporting maternal and family transitions inform the practice?s emphasis on thorough assessment and coordinated support.

The resource underscores that outcomes vary by individual and headache type. Care is positioned as one possible component for appropriate cases rather than a universal solution. Families seeking information on headache patterns can review the guide for an overview of causes, symptoms, assessment steps, and the cautious role of chiropractic methods within coordinated care.

Credence Chiropractic is a family chiropractic practice that has provided neurologically based services since 2017. The practice offers prenatal chiropractic care, pediatric chiropractic care, whole family chiropractic care, and neurological chiropractic care. Methods include the Torque Release Technique along with assessment technologies used to evaluate nervous system function as part of established protocols.

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Credence Chiropractic

Our experienced and caring team is dedicated to providing comprehensive, holistic chiropractic care that empowers you and your loved ones on all levels ? physical, mental, and emotional.

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