Blog Post on Headache Types and Their Chiropractic Treatment Published by Chiropractors in Decatur Georgia

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DECATUR, GA - June 03, 2020 -
Arrowhead Clinic, which offers the services of chiropractors in Decatur, Georgia, has announced that they have recently published a blog post on various types of headaches and their chiropractic treatment. The article is titled, ?Get Rid of Your Headaches with the Help of Your Decatur Chiropractor,? and was written by Dr. Roy Vogel. Headaches can be classified as tension headaches, cluster headaches, and migraine headaches. The chiropractors at Arrowhead Clinic will first determine the root cause of the headache and then provide the best possible treatment option for the condition. Aside from chiropractic adjustments, the chiropractic doctors at Arrowhead Clinic will also provide advice on exercises and nutrition that patients can follow to enhance their health. They will also provide tips on how patients can improve their posture.

Dr. Roy Vogel says, ?Everyone suffers from headaches at some point in their lives, and a variety of factors can cause them. Despite how widespread chronic headaches are, very few people understand the cause of their pain. Even fewer people know what actions to take to relieve their headaches once and for all. The chiropractic doctors at Arrowhead Clinic in Decatur, GA, may be able to relieve your headaches for good.?

Most people would experience tension headaches at some point throughout their lives. These can be described as a constant but dull achy feeling on one or both sides of the head. Chronic tension headaches may last for a period of 30 minutes to as long as a number of months. Subluxation is the typical cause of tension headaches in the upper back or neck. When the neck loses its usual range of motion or position, the muscles may go into spasm and cause a headache. Highly trained chiropractors would be able to correct cervical subluxations.

Meanwhile, cluster headaches are usually shorter in duration. However, the pain that is felt can be quite extreme. They usually occur everyday for weeks or even months at a time. They are usually a one-sided pain

on the left or right side of the head, accompanied by watering eyes and nasal congestion. Chiropractors may be able to prevent future cluster headaches through proper alignment.

Migraines are infamous for causing extreme pain that can be debilitating. They may be accompanied by vomiting, sensitivity to light, and temporary loss of vision. Migraine headaches are caused by constricting blood vessels in the brain that is followed by a dilation of the blood vessels. This results into an increase in blood pressure in the brain, resulting into a pounding headache. They are a number of common triggers for migraines, such as stress, lack of sleep, diet, muscular tension in the neck and changing weather patterns. Chiropractors can offer advice on the lifestyle changes that may help decrease or get rid of migraines. They can also provide chiropractic adjustments to help relieve muscle tension and cervical subluxations that could be the reason for chronic migraines.

Arrowhead Clinic has been offering chiropractic for over 40 years. Their patients are mostly victims of motor vehicle accidents, slip and fall accidents, and people who are suffering from neck and back pain. Victims of motor vehicle accidents often suffer from limited mobility and severe pain due to their injuries. At Arrowhead, they provide both chiropractic and medical care for individualized treatment based on the specific conditions, requirements, and pain levels of the patient.

Victims of slip and fall accidents may suffer from trauma to the muscles, joints, bones, and ligaments. The chiropractors at Arrowhead Clinic will request of certain tests, examine the patient?s medical history, evaluate the root cause of the pain to specify the specific type of treatment to provide.

For patients with neck and back pain, they will strive to minimize the pain through gentle and non-invasive chiropractic techniques. They will evaluate the spine as a whole and may provide advice to the patient on helpful nutritional changes, stress management, sleeping positions, posture, and lifestyle goals.

People who are interested in chiropractic care for headaches in Decatur, Georgia, may want to visit the Arrowhead Clinic website, or contact them through the telephone or via email. They are open from 9:00 am to 7:00 pm, from Monday to Friday, and from 9:00 am to 2:00 pm on Saturdays.

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For more information about Arrowhead Clinic Chiropractor Decatur, contact the company here:Arrowhead Clinic Chiropractor DecaturDr Edward Lewis, DC(404) 998-4522info@arrowheadclinics.com2375 Wesley Chapel Rd # 13, Decatur, GA 30035

Arrowhead Clinic Chiropractor Decatur

Arrowhead Clinic has been providing Decatur residents expert chiropractic service for auto accident injuries for over 48 years, consistently reducing pain and helping to restore health and overall quality of life for their patients.

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