



Holladay Physical Medicine

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This Information is about this condition in general. Every individual has a unique presentation. Once you understand this information, consult the doctor on any specific questions about your condition.

Migraine Headaches

What is a Migraine?

A migraine is a type of headache that can be classified into two types, classic (with aura) and common (without aura). Classic migraine is preceded by an aura, which is a group of warning symptoms that indicates a pending migraine headache. Common migraines do not have an aura.



Cause:

The cause of migraine headaches is still unknown. There have been many theories that are now being studied to determine the true cause of Migraine headaches.

Theories:

1. A stimulating factor or trigger starts the process. This could be a particular food, or physical activity for example.
2. Vascular Theory. Constriction of blood vessels causes the “aura” or prodrome. Vasoconstriction causes the body to release chemicals to reverse the constriction rapidly. The resulting dilation of the blood vessels causes increased pressure resulting in a headache.
3. Nervous system malfunction. An unstable autonomic nervous system (which is responsible for unconscious processes in the body) can cause abnormal brain activity.
4. Restricted and /or painful movement or misalignment of the cervical spine. This is a cause that is receiving much attention recently because of the correlation between proper biomechanics of the neck and the proximity of blood vessels and nerves. Misalignment or decreased range of motion can interrupt blood flow and nerve function, which in turn can trigger the processes responsible for the mechanisms mentioned above. Closely related to this theory is the idea that a tension headache can progress into a migraine headache. Tension headaches can also be caused by misalignment or restricted movement of the cervical spine.

Risk factors:

They include a strong family history of migraine, some medical conditions, and the use of certain medications (such as birth control pills). Migraines affect females (17.6%) more than males (6%).

Patient History:

A migraine can occur without warning or provocation, but most often occurs after a particular triggering event. Triggers can range from a stressful time or traumatic event, physical exertion, rapid hormonal changes (like puberty or menopause), rapid blood sugar changes from missed meals, fasting etc., or foods that cause blood vessel dilation or constriction. Seasonal allergies or environmental allergies along with certain prescription medications such as estrogen or nitroglycerin can also trigger migraine headaches. Recently, studies have shown a close correlation between cervical spine biomechanical dysfunction (misalignment, reduced or restricted movement of the spine) and migraine headaches.

Symptoms:

- Headache
 - throbbing, pulsating
 - usually worst on the sides of the head
 - may be on only one side of the head
 - may be severe or dull
 - commonly lasts 6 to 48 hours
- Stiffness or soreness in the neck. Decreased range of motion in the neck or pain with movement of the neck can be an indicator that your migraine headaches originate somewhere in the cervical spine.
- Presence of these associated symptoms distinguish migraine from other types of headache:
 - nausea, vomiting
 - sensitivity to light and/or sound
 - anorexia (no desire to eat)
- An aura, which is any of various symptoms that indicate an impending migraine, may precede the headache. This may include visual phenomena like zig-zag patterns in a visual field. In a complicated migraine, there may also be numbness or weakness on one side of the body, affecting the arm, leg, or face over the course of minutes.
- Various neurologic symptoms may be present during the headache and disappear after the headache is relieved (dizziness, tingling or other symptoms).

Treatment:

Treatment strategies are most successful when a multi-disciplinary approach is taken. Remedies such as:

- Stress reduction through exercise and relaxation techniques is appropriate.
- Identifying and avoiding triggering events or substances is important in preventing future migraine episodes.
- Chiropractic adjusting of the cervical and thoracic spines has been an effective way to reduce frequency, duration and severity of migraine headaches. This approach is most effective when applied early on in a migraine episode. Along with chiropractic adjusting, soft tissue massage

and electrotherapies to reduce tension in the musculature are also effective tools to treat migraine headaches.

- Acupressure points over the muscles between the thumb and the first digit. Also pressure applied with the thumb to the point on the forehead between the eyebrows.
- Ozone Injections in the suboccipital triangle
- Nutrition:
 1. Foods to avoid:
 - Red wine, beer, cheese, nuts, chocolate, citrus juice, coffee, tea, alcohol, niacin, processed foods, preservatives and MSG. Do not skip meals. Some migraine sufferers have a blood sugar regulation abnormality called reactive hypoglycemia, which can be minimized with frequent, small meals.
 2. Supplementation:
 - Herbs: Feverfew (tanacetum parthenium), and Petadolex® (butter root-petasites hybridus)
 - Vitamins and minerals: calcium, vit. D, B2, B6, magnesium, 5-HTP (hydroxy-tryptophan), omega-3 oils (EPA, DHA)Supplements have the most effect when taken regularly and as a preventative measure.

Another helpful thing to try while having a migraine headache is lying down in a quiet, dark room. Applying a cold wash cloth over the eyes and hot packs on the hands can also help alleviate some of the symptoms.

USE OF PRESCRIPTION DRUGS

We do not prescribe drugs nor recommend their use if harmful side-effects are associated with your complaints. We also do not, in any case, recommend changes in the use of prescription drugs that a licensed physician has given you. If you believe alterations in those prescriptions are in the best interest of your health, always consult with the prescribing physician before making any changes.

NUTRITION AND SUPPLEMENTATION:

The ideal situation for nutrition in any injury or disease is first to eat whole foods, and to avoid processed foods, fast foods preservatives, refined carbohydrates and sugar. We have much information on our web page under Absolute Health Clinic. The physical medicine modalities we will provide you will help reduce the symptoms in the time we have projected. If you want to heal, this step is something you will need to take.

Nowadays, even if you do all of those things, you need to realize that our food supply has been gradually depleted. The pure ingredients needed to maintain body function, metabolism and immunity have been drastically reduced. We recommend only whole food supplements. Studies are clear that synthetic vitamins and mineral supplements are not only not helpful to the body in most cases, but can be toxic. Don't expect them to take the place of what we recommend here. They will not help you sufficiently to heal properly. The following list has been prioritized to help you gradually begin to supplement your improved diet and provide your body with the ingredients it needs to restore or improve your immune response and then provide the raw materials in usable form to repair the damaged or diseased tissue. The degree to which you can implement these items will largely

determine how fast you recover and more importantly whether or not you have a recurrence or relapse of the symptoms again soon.

These products are all produced by Standard Process. You may obtain them on line from Amazon or other distributors if you like or we can order them for you and save you an average of \$5 per bottle plus you can avoid shipping charges.

GENERAL DAILY SUPPLEMENTS

- Catalyn
- Tuna Omega-3 oil
- Calcium Lactate
- Trace Minerals B12
- Cataplex D
- Prolamine Iodine

SPECIFIC FOR THIS CONDITION

- Biost
- Glucosamine Sulphate
- Ligaplex II
- Calcifood

Specific dosages will be provided by the doctor.

We have many other specific items for a variety of health deficient conditions. Consult our web page or ask the doctor.

HOME REMEDIES AND MEDICINES

After the first 1-3 days when you should be using 5-8 minutes of cold packs, utilize moist heat packs on a daily basis during the first phase of treatment. 15 minutes is the maximum therapeutic dose for heat in this condition. The application may be repeated with at least 15 minutes of non-heat rest in between. This will help relax tight muscle fibers and bring blood to the region. Hot tubs and baths with Epsom salts provide temporary relief.

The use of over-the-counter medications for pain and inflammation may be seen as necessary at first depending on your pain level and tolerance. Understand that we depend on your natural immune response to function well in order to heal this disorder. Some pain relievers and most anti-inflammatory medications shut off the inflammatory response which is what triggers your body's immune response mechanisms. If you need pain medicines of any kind to continue to function or to be able to do the exercise routines we have recommended, use good judgement in when you use them. We strongly suggest you consider ice packs for 5-10 minutes for pain relief and mechanical positioning of the injured areas to relieve pressure and pain. The more you are able to do these procedures and avoid medications, the faster your immune response will be effective and the sooner you will be out of pain and begin healing. The sooner you can stop taking pain medication, the better it will be for your healing.

EXERCISES:

Exercises should be specific, performed at the right time and in a particular order. They should be simple and aimed at pain relief and stabilization at first. Seek advice from your chiropractic physician on when to do these exercises and how often. When performed correctly, rehabilitation exercises can be the key to avoiding multiple episodes of pain and maintaining the function of the muscles and joints.

Our goal here is to have you begin exercises as soon as the joint mobility has been restored sufficiently. Consistent and proper exercise rehabilitation will shorten your treatment time and help reduce recurrence of the same disorder.

We offer a video training featuring exercises specifically designed and proven effective if properly performed for the rehabilitation of this condition. These video files are available on our web page at www.holladayphysicalmedicine.com ---follow that link, then the exercise pulldown menu at the top center of the home page, choose therapeutic and then scroll down to:

Neck,

and perform them daily as soon as you can work it into your schedule. Along with the physical medicine we have recommended, it is the regular performance of these exercises that will get you well and keep you well.

MAINTENANCE:

Regular spinal adjustments and mild forms of physical therapy are important to reduce the symptoms on a regular basis. Patients who receive monthly spinal manipulation and therapy report fewer complications and improved life style. It is important that you follow your chiropractic physician's advice about the frequency of treatment for your particular condition.

OTHER INFORMATION:

We offer a wide variety of health information at our web site. www.holladayphysicalmedicine.com
All patients are welcome to use our information to improve your life and maintain your spinal health.

This information is provided to you as a health service by Dr. Bruce Gundersen, DC, DIANM. He is board certified by the International Academy of Neuromusculoskeletal Medicine and currently serves as chairman of the examination board for the Academy. He is also the President of the Utah College of Chiropractic Orthopedists and clinical director and chief clinician at Holladay Physical Medicine. He has practiced physical and regenerative medicine for over 40 years.