

Chronic Migraines Helped by Chiropractic, Study Shows

A study published in the February 2000 issue of the Journal of Manipulative and Physiological Therapeutics, (JMPT), showed that people suffering with migraine headaches were helped with chiropractic care. The study was conducted in Australia at the Chiropractic Research Center of Macquarie University. In this research 177 volunteers were studied who had migraine headaches for over 18 years on average. Many of the participants also suffered from neck pain.

The average response of the group that received chiropractic care showed a statistically significant improvement in migraine frequency, duration, and disability. The study also showed that those who received chiropractic care were able to reduce their medication use, with a significant number reducing their medication usage to zero! Additionally, 59% had no neck pain after a period of two months, and another 35% had a decrease in neck pain.

The researchers concluded this study, built on previous studies that had similar results. "There have now been several studies demonstrating significant improvement in headaches or migraines after chiropractic." The Migraine Foundation of Australia estimates that some 12% of Australians ages 15 and over, experience migraines.