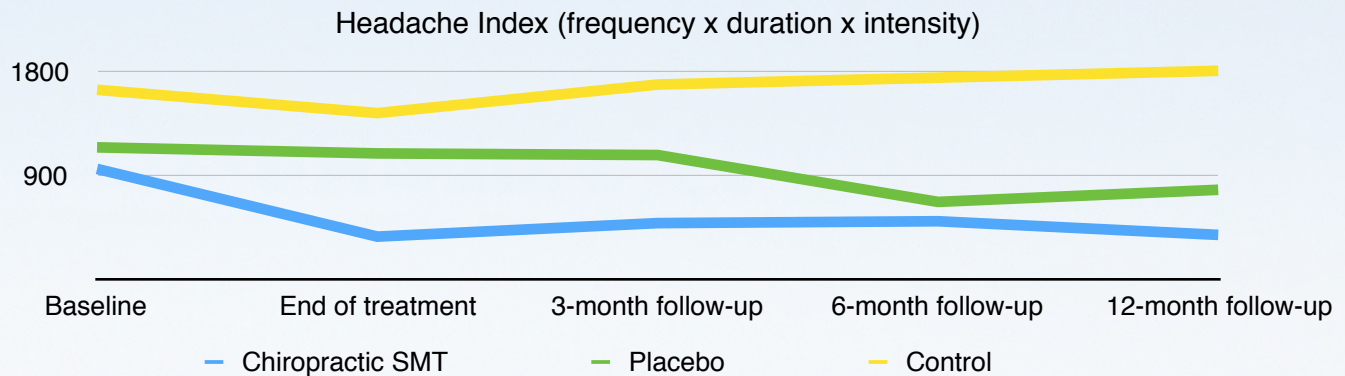




## Chiropractic & Physical Therapy

### Chiropractic spinal manipulative therapy for cervicogenic headache: a single-blinded, placebo, randomized controlled trial

*BioMed Central. 2017. 10:310*



Cervicogenic headaches affect up to 5% of the population on a daily basis. These headaches, often arising from poor posture and/or awkward head positions, are common to many individuals who spend long periods of time working from a desk with poor ergonomics.

To date, medications and pharmacological management have been largely unsuccessful. The good news is that research, including this study, has continued to show that with the proper manual care, such as chiropractic spinal manipulation, individuals can expect extremely positive and long lasting results.

Many of our referral partners in the community rely on our office to provide care for patients suffering from cervicogenic headaches due to our combination of chiropractic techniques and active care. By addressing both the segmental and postural distortions associated with the headache, we are able to achieve fantastic results for our patients.

*“The efficacy of pharmacological management for cervicogenic headache is poor and medication overuse is frequent.”*

*“Headache index improved in the Chiropractic spinal manipulative therapy group at all time points...”*

*“An Australian RCT with high methodological quality reported 71% of the participants having >50% reduction in headache frequency while 33% reported 100% improvement in the spinal manipulative therapy group.”*

We believe in creating a healthier community. We believe patients have better outcomes when physicians work together. Let's build a healthier tomorrow.

Dr. David Kulla, DC, CN  
409 E. 14 Street, Ste. C, New York, NY 10009  
[SynergyWellnessNY.com](http://SynergyWellnessNY.com) 212.533.4900

