



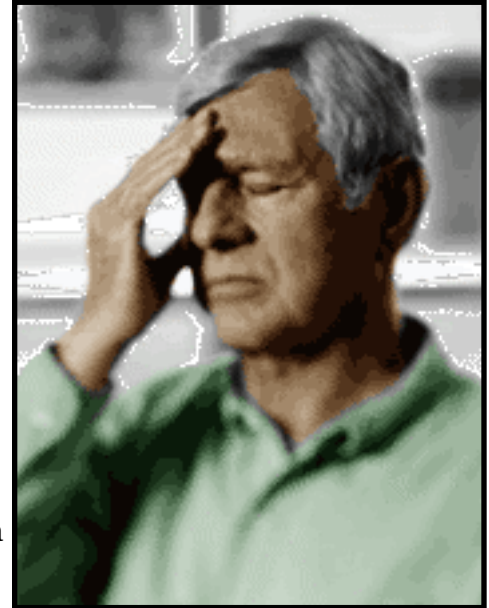
Advanced Medical
of Twin Cities PC

Information Bulletin

Handling your headache.

It is estimated that **45 million** Americans suffer from severe recurring attacks of migraine and tension headaches. Daily use of analgesics, aspirin, and ibuprofen can create a rebound effect thereby causing more headaches. Once the medication wears off, the headache often returns prompting the person to take more medication therefore creating the cycle of pain-pills; more pain and more pills.

It is not uncommon for a person to experience two to three headaches per year. If you experience headaches more frequently than this, it is probable that you are suffering from **nerve irritation in your neck**. Other causes of headaches may include trauma (such as whiplash injuries), TMJ syndrome (jaw problems), allergies and/or hormonal imbalances.



At **Advanced Medical**, our doctors are highly trained to evaluate each individual headache patient and recommend the treatment plan best suited for their specific needs.

Treatment Plan:

1. Thorough history, exam, and evaluation to find the **exact cause** of the headache
2. Chiropractic treatment/Joint mobilization
3. Pressure point therapy
4. Physiotherapy modalities
5. Physical rehabilitation re-strengthening exercises
6. Diet and nutrition planning

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