

## **Dr. Erik Schutt Having Phenomenal Results In Helping With Headaches**

*"The greatest majority of primary headaches are associated with muscle tension in the neck originating from some type of spinal imbalance," says Dr. Erik Schutt of Extreme Health Chiropractic in Tempe, AZ*

**Aug. 2, 2008 - [PRLog](#)** -- If you have a headache, you're not alone. Nine out of ten Americans suffer from headaches. Some are occasional, some frequent, some are dull and throbbing, and some cause debilitating pain and nausea.

What can be done when you suffer from a pounding headache? Do you grind your teeth and carry on? Lie down? Pop a pill and hope the pain goes away? Does it keep you from doing the things you like to do? Dr. Schutt says there is a better alternative...

Research shows that spinal manipulation – the primary form of care provided by doctors of chiropractic – may be an effective treatment option for tension headaches and headaches that originate in the neck.

A report released in 2001 by researchers at the Duke University Evidence-Based Practice Center in Durham, NC, found that spinal manipulation resulted in almost immediate improvement for those headaches that originate in the neck, and had significantly fewer side effects and longer-lasting relief of tension-type headache than a commonly prescribed medication.

Also, a 1995 study in the Journal of Manipulative and Physiological Therapeutics found that spinal manipulative therapy is an effective treatment for tension headaches and that those who ceased chiropractic treatment after four weeks experienced a sustained therapeutic benefit in contrast with those patients who received a commonly prescribed medication.

"Today, Americans engage in more sedentary activities than they used to, and more hours are spent in one fixed position or posture such as in front of a computer or being on the phone. This can increase joint problems and nerve irritation in the neck and upper back which can lead to an array of symptoms including frequent headaches" says Dr. Erik Schutt of Extreme Health Chiropractic.

What can you do?

Dr. Schutt suggests the following:

- Make sure you stay hydrated. Not drinking enough water can dry out vital tissues that may cause a headache.
- Engage in low impact exercise such as walking or aerobics. This has been shown to reduce the severity of a headache. However if you suffer from dull, pounding headaches avoid heavy lifting.
- If you find yourself in the same position you were 30 min ago then make sure you move around, take a walk and stretch out your neck muscles.
- Turn your back on stress! Stress can often release negative hormones such as cortisol into your blood stream known to cause weight gain and headaches.

What can a Chiropractor do?

Here is some things Dr. Schutt has done in his office with great success:

- "The first thing I need to determine with a patient that has headaches is what is causing the headaches and

if chiropractic can help." This is done through a detailed case history, physical and chiropractic examination, x-ray (if necessary) and/or any bloodwork or additional testing that could be indicated.

- If it is determined that the headaches are primary headaches originating in your neck (like most do) then the objective would be to remove what is causing the headaches with chiropractic adjustments designed to restore normal function to the joints in the spine taking pressure off the nervous system.

- Offer advice on posture, ergonomics (work postures), exercises and relaxation techniques. This advice should help to relieve the recurring joint irritation and tension in the muscles of the neck and upper back.

- Provide nutritional advice, recommending a change in diet and perhaps the addition of B complex vitamins.

Dr. Schutt says "Doctors of Chiropractic undergo extensive training in order to help with several health conditions. Chiropractic is not just about removing pain, it is about creating optimal physical, mental and social well being."

Dr. Erik Schutt is always available to discuss your condition with you to determine if you may be a candidate for chiropractic care. He is the clinic director of Extreme Health Chiropractic in Tempe, AZ. The office number is 480 968-4642. More info is also available at [www.extremehealthchiro.com](http://www.extremehealthchiro.com)

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Our mission is to educate each of our patients in matters of wellness and health living, the cause and prevention of disease, and providing the highest quality chiropractic care available in the spirit of loving, giving and serving.

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