

## Headache

A 2014 systematic review found that, although evidence was not sufficient to make a strong recommendation, it does suggest that manual therapy is beneficial for patients with tension-type headaches.<sup>1</sup>

2010, 2011 and 2014 systematic reviews found that spinal manipulation and/or mobilization is effective for migraine and cervicogenic headaches in adults; for tension-type headaches in adults, the evidence is inconclusive.<sup>2,3,4</sup>

A 2011 systematic review of manual therapies for migraines found that evidence was suggestive that chiropractic SMT and other manual approaches may be as effective as propranolol and topiramate for prophylaxis of migraine, although the evidence was not conclusive.<sup>5</sup>

### References

1. Lozano Lopez C, Mesa Jimenez J, de la Hoz Aizpurua JL, Pareja Grande J, Fernandez de Las Penas C. [Efficacy of manual therapy in the treatment of tension-type headache. A systematic review from 2000-2013](#). Neurologia (Barcelona, Spain). May 21 2014.
2. Bronfort G, Haas M, Evans R, Leininger B, Triano J. [Effectiveness of manual therapies: the UK evidence report](#). Chiropr Osteopat. 2010;18:3. **FREE FULL TEXT**
3. Bryans R, Descarreaux M, Duranleau M, et al. [Evidence-based guidelines for the chiropractic treatment of adults with headache](#). J Manipulative Physiol Ther. Jun 2011;34(5):274-289.
4. Clar C, Tsertsvadze A, Court R, Hundt GL, Clarke A, Sutcliffe P. [Clinical effectiveness of manual therapy for the management of musculoskeletal and non-musculoskeletal conditions: systematic review and update of UK evidence report](#). Chiropr Man Therap. 2014;22(1):12. **FREE FULL TEXT**
5. Chaibi A, Tuchin PJ, Russell MB. [Manual therapies for migraine: a systematic review](#). J Headache Pain. Apr 2011;12(2):127-133. **FREE FULL TEXT**