

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.¹

A 2014 systematic review of randomized controlled trials concluded that manual therapy for the treatment of chronic tension-type headaches equals that of prophylactic medication with tricyclic antidepressant post-treatment and at 6 months follow-up.²

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.^{3,4,5}

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.⁶

References

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