

HOW YOU CAN HELP YOUR

# HEADACHES AND NECK PAIN

SUMMIT CHIROPRACTIC

**Make sure you are getting enough sleep, and at the right times. Aim for about 8 hours a night, and sleep before midnight is essential.**



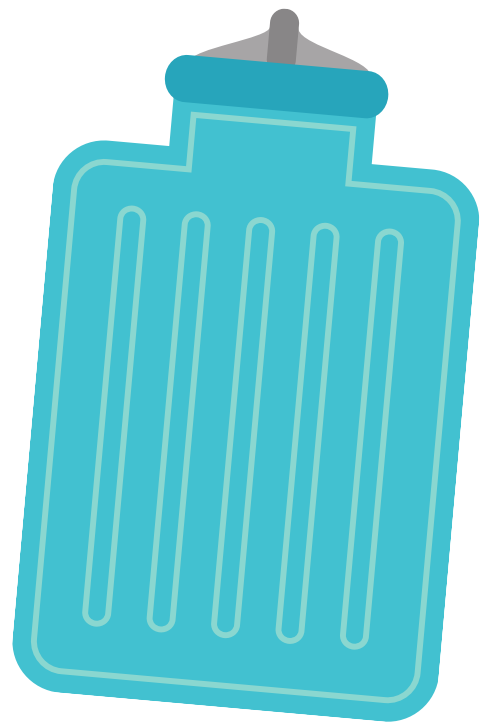
**Take a look at your pillow. You may need to change it to one that supports your head in a neutral position.**



**Massage and apply firm pressure to temples, forehead and/or back of neck. This may help ease some of the tension.**



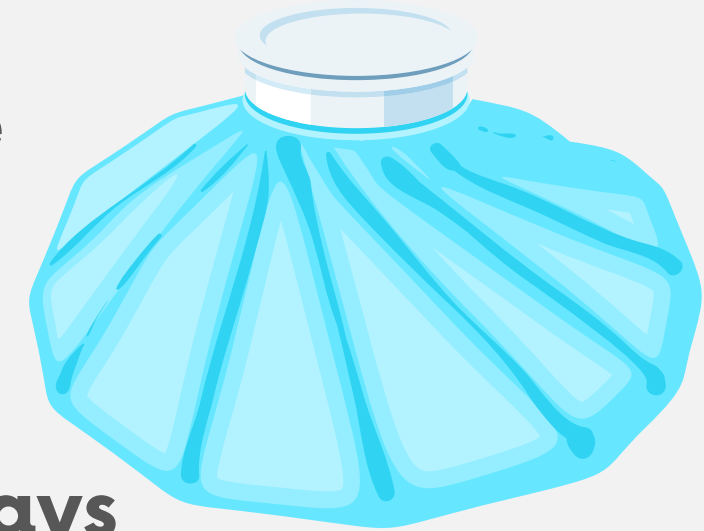
**Be mindful of your posture. Being slouched and having your head bent forward for long periods can cause a lot of strain on your neck. This tends to happen when sitting at a desk, driving or sitting on your phone.**



**Apply a heat pack to the back of the neck. Sometimes headaches are caused by constriction of blood vessels.**

**Try this for 15 minutes every 1-2 hours.**

**On the other hand, if a muscle is spasming, you can apply a cold pack to decrease the blood flow. Applying this to the forehead, temple or neck may be useful. People suffering with migraines tend to find ice packs more beneficial.**



**Try some stretches to mobilise the neck. If your neck stays in the same position for too long, the muscles can become tight and stiff.**

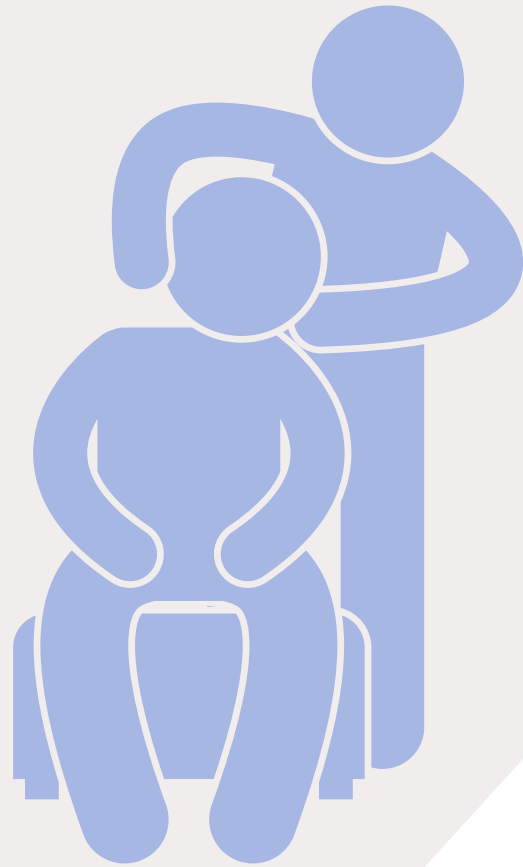
## **Chiropractic can help!**

**Many clients have come to see us over the years, suffering with headaches and migraines and have found great relief with chiropractic care.**

**Each person responds differently.**

**For this reason, we would need to do an initial consultation for you to determine if and how we can help.**

**Find our contact details on the next page.**



# CONTACT US

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