

Headache and Migraine Challenge



Welcome and Congratulations on taking part in the Chirohealth Headache and Migraine Challenge

Currently 74% of migraine patients experience a significant reduction in their symptoms with Chiropractic care globally and we plan to SMASH this figure!

The Chirohealth protocol influences 5 key areas through:

- Correction of nervous system interference
- Tech Neck Training
- Hydration Optimisation
- Light Control
- Stress reduction

FULL NAME

CHALLENGE START DATE

Please answer the following questions:

Do you experience headaches, migraines or both?

Please score the first 4 questions on a scale from 0-10 (0=Not affected at all, 10= severely affected)

Do your headaches/migraines affect your mood and happiness?

Do your headaches/migraines affect your co-ordination & balance?

Do your headaches/migraines affect your energy & zest for life?

Do your headaches/migraines affect your sleep?

Are you concerned about using medications to treat your headaches/migraines?

YES/NO

How will you know the care has helped you?

On a 0-10 pain scale (0=no pain, 10=severe pain), what do your headaches/migraines typically go from and up to?

to

www.chirohealth.co.uk

