

❑ 12 Year old Female with Headaches

This patient was referred to us by her mother who is a patient of ours. This is what she had to say:

I am very glad I came to visit Dr. Jon because of the great changes such as, I can go to sleep without any problems, no headaches, and I don't get regular back pain that I always got during the night. I have also noticed that I have more energy, especially during sports. I look forward to see great differences in my strength, flexibility and weight. Thank you for having such a great facility.

-A.R.

❑ Want Research?

The efficacy of spinal manipulation, amitriptyline and the combination of both therapies for prophylaxis of migraine headache. Nelson CF, Bronfort G, Evans R, et al. Journal of Manipulative and Physiological Therapeutics, October 1998: Vol. 21, No. 8, pp 511-19.

This study compared the relative effectiveness of treating migraines with chiropractic care, the anti-depressant/anti-anxiety drug amitriptyline (brand name Elavil); and with a combination of both the drug therapy and chiropractic care. Patients who received only chiropractic showed significant improvement, on a par with those given the powerful prescription drug (though without the side effects). The headache index, from a diary kept by each patient, showed chiropractic to have reduced the severity and frequency of headaches as well or better than the combined therapy or amitriptyline alone at each stage of the study.