

School Headache

Case File: A local pediatrician referred a 10 yr old boy to our office for evaluation and treatment of headaches after no medical cause for his symptoms could be found. The boy stated that the headaches occurred almost daily, especially in the afternoons, and particularly during school. They were located in his temple region and spread to his right eye. He has had them for 6 months.

Examination revealed painfully restricted spinal joints in the upper neck and mid back along with sensitive, tight muscles in the upper back and neck. The boy was unaware of these problems until they were found on examination.

Diagnosis: Cervical headache secondary to spinal joint dysfunction and muscle trigger points.

Treatment: Gentle joint mobilization, manipulation along with muscle stretching and trigger point treatment. Exercises and postural advice were also given.

Result: Complete relief from headaches.

This is a common example of what I call School Headaches, something younger patients often suffer from. Of course it is important to rule out more serious causes of headaches, however, the most common cause is due to poor function of the joints and muscles of the neck and upper back. A common aggravating factor is a sustained sitting posture while looking down and reading, doing desk or computer work.

Simple, painless, effective and very safe treatments directed at normalizing function many times alleviates the suffering that our younger patients experience with School Headaches.

“Experienced in the safe and effective treatment of joint, muscle, nerve, and soft tissue disorders.”