

Ways to Alleviate a Headache

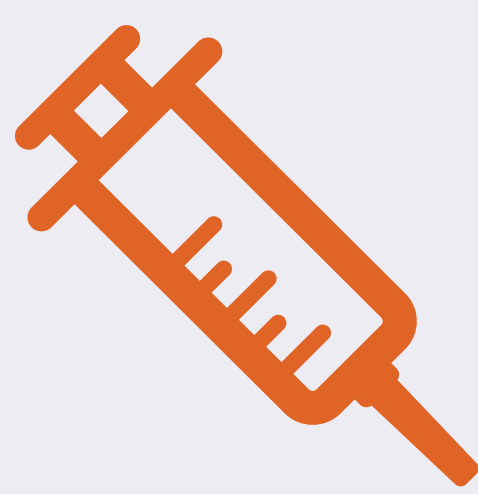


Acupuncture

The impact on the nerve triggers a release of hormones, including feel-good endorphins.

Chiropractic Care

Tension headaches can result from misalignment of your spine.



Pain Injections

Can provide rapid relief, particularly for headaches located in the back of the head.

Physical Therapy

Helps relax muscles and ease muscle tension often caused by stress.



Massage Therapy

Promotes muscle relaxation.

Sources:

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