



**WEBER CHIROPRACTIC OFFICE, S.C.**  
*Providing Choices in Complementary Health Care*  
Gentle Chiropractic Therapy – Acupuncture – Rehabilitation –  
Low Level Laser – Nutrition – Medical Weight Loss - Kinesiotaping



# *Headache*

## **Including Migraine, Facial Pain, Trauma**

I recently attended a weekend of postgraduate education that focused on traumatic brain injuries, headache, TMJ disorders, mechanical disorders of the neck (cervical spine) and even the bones of the skull (yes, they do move). We went through the categories of migraines and headaches that need immediate attention and then the **95% of the headaches that are musculoskeletal in origin**. That 95% responds very well to gentle spinal joint and soft tissue manipulation along with TMJ (jaw joint) correction resulting in elimination of the greatest majority of headache pain.

Head, neck and jaw pain can be severe and chronic. Sometimes it comes on gradually, sometimes it involves an accident or other times you can just wake up with pain. I will share with you the **recent 74 year old patient** who came to me with a six month history of severe left side head pain that started with severe pain in her left ear. She went to her medical physician who sent her to a neurologist. MRI and CT scans of the head showed no pathological cause for her pain. Injections into the base of the skull provided very temporary relief of a few days with the pain returning. She was then sent to a pain specialist who wanted to refer her to Madison for an elaborate surgical implant to “block” the pain. She was reluctant to take this drastic approach and even her personal physician recommended against such extreme measures. Being a patient in the past, she consulted me to see if I could help her. We already knew that she had no brain tumors or aneurisms in the brain, but her history did not even suggest such problems. Our examination showed the joints of the skull (occiput) and atlas (1<sup>st</sup> neck bone) as well as the next two vertebra were misaligned causing significant pain. The occiput/C1 joint lies very close to the ear and severe inflammation can cause ear pain. It also creates tremendous muscle spasm at the base of the skull that radiates up over the skull and at times to the forehead. We treated this patient with gentle manipulation to restore normal motion in the joints that were locked up and inflamed and used electroacupuncture to acupuncture points at the base of the skull and in her ear to control pain and decrease inflammation. **In 7 visits, her pain was 95% improved** and she was released from care.

This is not an unusual presentation for the office and I see this type of presentation in patients of any age and treat them with quick and consistent results. At times, I also have to evaluate the jaw joints and the cranial bones as they can also be involved in each individual case. It amazes me that people who take Excedrin or consider botox injections to just control symptoms when a cure is as straight forward as the patient described above. Please pass along this information to people you see with chronic headaches. They should not have to live with pain.

## **Weight Loss**

The **Ideal Protein Health Rejuvenation and Weight Loss Program** is still being offered through the office. It offers quick and effective weight loss while teaching you how to eat effectively to shed fat and preserve muscle as you improve your overall health.

***Again, thank you for being our patient!***  
***We appreciate you and look forward to serving you.***

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