

Migraine is more than a severe headache. It is a neurological condition that can involve head pain, nausea, sensitivity to light or sound, dizziness, visual disturbances, fatigue, and other symptoms. For some people, migraine attacks can significantly interfere with work, family activities, sleep, and everyday life.

While migraine requires appropriate medical evaluation and management, some people also experience neck stiffness, muscle tension, limited cervical movement, or other musculoskeletal concerns alongside their headaches.

At [Mill Creek Chiropractic Clinic](#), chiropractic care focuses on evaluating these musculoskeletal factors and determining whether conservative care may be appropriate as part of an [Mill Creek Chiropractor](#) individual's overall headache management plan.

## Can Chiropractic Care Help With Migraines?

Research into spinal manipulation and migraine has produced mixed results. Some studies suggest that spinal manipulation may help certain patients reduce migraine frequency, intensity, or disability, but the evidence is not strong enough to conclude that chiropractic treatment will prevent or eliminate migraines.



That distinction is important. Chiropractic care should not be presented as a cure for migraine or as a replacement for appropriate medical treatment. Instead, it may be considered a complementary approach for selected patients, particularly when headaches occur alongside neck pain, stiffness, restricted movement, or other musculoskeletal symptoms.

## Migraine, Tension Headaches, and Cervicogenic Headaches Are Different

Not every recurring headache is a migraine, and identifying the type of headache matters when deciding how it should be managed.

### Migraine

Migraine is a neurological condition. Symptoms can include moderate to severe head pain, nausea, sensitivity to light and sound, dizziness, visual changes, and other neurological symptoms. Migraine treatment may involve medication, lifestyle management, identification of triggers, preventive strategies, and care from a primary care provider, neurologist, or headache specialist.

## Tension-Type Headaches

Tension-type headaches commonly involve pressure or tightness around the head and may occur alongside muscle tension in the neck and shoulders. Several factors can contribute, including stress, prolonged [Car accident chiropractor](#) positioning, sleep habits, and musculoskeletal strain.

## Cervicogenic Headaches

Cervicogenic headaches originate from structures in the neck. They may occur alongside reduced neck mobility, stiffness, or pain and can sometimes be influenced by movement or sustained positions.

Mill Creek Chiropractic Clinic provides chiropractic care for patients dealing with neck pain, back pain, whiplash symptoms, and other musculoskeletal concerns after a car accident. Visit us at 16212 Bothell Everett Hwy, Suite E, Mill Creek, WA 98012, or call (425) 745-4430. Schedule an evaluation today and find out whether chiropractic care is appropriate for your recovery.

Because different headache disorders can produce overlapping symptoms, an evaluation is important rather than assuming every headache has the same cause.

Mill Creek Chiropractic Clinic offers personalized chiropractic care for back pain, neck pain, headaches, auto injuries, sciatica, shoulder pain, and other musculoskeletal concerns. Find us at 16212 Bothell Everett Hwy, Suite E, Mill Creek, WA 98012, or call (425) 745-4430. Contact Mill Creek Chiropractic Clinic today to schedule an appointment and take the next step toward more comfortable movement.

## How a Chiropractic Headache Evaluation Works

Chiropractic care for someone experiencing headaches should begin with an appropriate health history and examination rather than immediately assuming the neck or spine is responsible.

An evaluation may consider:

- The location, frequency, and duration of headaches
- Whether neck pain or stiffness accompanies the headache
- Cervical range of motion
- Joint and muscle tenderness
- Posture and prolonged positions
- Previous injuries or motor vehicle accidents
- Workstation and ergonomic factors
- Sleep, exercise, and lifestyle habits
- Symptoms that may warrant medical referral

The findings can help determine whether chiropractic care is appropriate or whether the patient should first be evaluated by another healthcare provider.

## Chiropractic Adjustments and Neck Mobility

Spinal manipulation and mobilization are techniques chiropractors may use to address restricted joint movement and certain musculoskeletal complaints.

For patients whose headaches are accompanied by neck stiffness, reduced mobility, or musculoskeletal discomfort, chiropractic treatment may focus on improving comfortable movement and addressing contributing mechanical factors.

Treatment should be individualized based on the person's examination findings, health history, symptoms, and tolerance rather than following the same approach for every headache patient.

## Addressing Muscle Tension and Everyday Headache Triggers

Some headache sufferers also experience tightness through the neck, upper back, shoulders, or jaw. When appropriate, a chiropractic care plan may include recommendations aimed at addressing these contributing factors.

Depending on the individual, recommendations may involve:

- Gentle mobility exercises
- Postural and ergonomic changes
- Movement breaks during prolonged desk work
- Appropriate strengthening exercises
- Strategies for reducing repetitive neck strain
- Coordination with other healthcare providers when necessary

Patients may also benefit from tracking potential migraine triggers such as disrupted sleep, stress, dehydration, skipped meals, certain foods, hormonal changes, or environmental factors and discussing recurring patterns with their healthcare provider.

## A Collaborative Approach to Migraine Management

Chiropractic care does not need to replace medical migraine treatment. For patients with diagnosed migraine, it may be one component of a broader management strategy.

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Depending on the individual's symptoms and history, appropriate care may involve a chiropractor working alongside a primary care physician, neurologist, headache specialist, physical therapist, or other healthcare professional.

This is especially important when headaches are new, changing, unusually severe, or accompanied by neurological symptoms.

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## When a Headache Requires Immediate Medical Attention

Some headaches require urgent medical evaluation rather than chiropractic treatment.

Seek immediate medical attention for symptoms such as:

- A sudden, extremely severe headache that reaches maximum intensity quickly
- New weakness or numbness
- Difficulty speaking
- New or unusual vision loss or visual changes
- Confusion
- Difficulty walking
- Loss of consciousness
- Fever accompanied by significant neck stiffness
- A headache that is dramatically different from previous headaches

New or changing headache patterns should also be discussed with an appropriate healthcare provider.

## Chiropractic Care for Headaches in Mill Creek, Washington

For people in Mill Creek who experience recurring headaches along with neck stiffness, limited mobility, muscle tension, or other musculoskeletal symptoms, a chiropractic evaluation may help determine whether those factors are contributing to their discomfort.

Mill Creek Chiropractic Clinic provides chiropractic care for patients in Mill Creek, Washington, and surrounding communities. Treatment recommendations are based on the individual's symptoms, health [Chiropractor](#) history, examination findings, and overall needs.

Learn more about [chiropractic care for headaches in Mill Creek](#).

You can also view the clinic's location, directions, and patient reviews at [Mill Creek Chiropractic Clinic on Google Maps](#).

## Important Note

This article is provided for general educational purposes and is not intended to diagnose or treat migraine or any other medical condition. Chiropractic care may be appropriate for some people with headaches, but migraine is a neurological condition and may require evaluation and treatment by a physician, neurologist, or headache specialist.