

Case Study: Migraines

Josie's Story

I had neck and back pain since I was 21, then it escalated. Suddenly, I was having migraines that made me lose sight in one eye, I couldn't sleep, I couldn't do daily tasks without being in extreme pain. After seeing my medical doctor, I was prescribed 5 different types of pain/anti-inflammatory medications.

One night, lying on the floor in pain, I called my mom to take me to the ER. She told me they would only give me the same meds. I was desperate, and tried three Chiropractors, two physical Therapists, one Osteopath; nothing worked. In my darkest moments, I'm ashamed to admit that I had thoughts of ending my life.

When I found Thrive, I had concerns because I had tried so many things, but went ahead and moved forward, and I am so glad I did! I now feel like I can function like normal throughout the day - I can hike, walk with my dog, study, hangout with friends, and do normal things that I thought I wouldn't be able to have in my life.

Want Proof? See Backside For Full Diagnostics.

Complaints

- Migraines
- Neck Pain
- Back Pain

Solution

- Spinal Adjustments
- Functional Movement Training
- Spinal Remolding

Results

- Migraines Rare
- Neck Pain Reduced
- Neck Curve Improved

Doctor's Story

Josie presented to the office with intense neck pain. She suffered from this condition for three years. It had grown to debilitating migraines, headaches, and neck pain. She could barely move her head. The pain kept her from participating in activities that she previously excelled at and loved. After x-rays, we found she had lost close to 150% of her cervical curve. She also had a forward head translation of 14mm. We went to work with a combination of adjustments, exercise, and spinal molding.

In the beginning, Josie experienced discomfort during treatment, yet immediately after a treatment she had full-range of motion and relief. This became her new normal and her headaches and migraines sharply decreased and have lessened in intensity, after just six weeks of treatment. The best part is she is now at close to 100% loss of cervical curve and her forward head translation is now within normal limitations at 6 mm.

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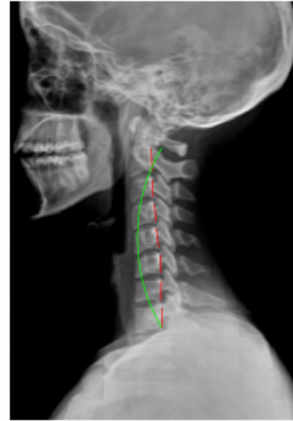
Diagnostics: Before And After Treatment

1: Lateral Cervical 11/26/2018



Anterior Posterior

2: Lateral Cervical 1/24/2019



Anterior Posterior

This colored curved line represents the Normal Spinal Position and expected path of the posterior longitudinal ligament.

This colored dotted line represents the patient's position known as George's Line. This is the path of the posterior longitudinal ligament.

Improved Cervical
Curve

Forward Head
Translation Within
Normal Now

Migraines Greatly
Reduced In Just 6
Weeks

Key Points

- Migraines Can Be Debilitating, and Can Have Multiple Causes (Diet Or Structural)
- Chronic Pain Can Even Cause People To Become Desperate, And Consider Serious Options (Such As Suicide) To Get Pain Relief
- This Patient Had Structural Factors That Caused Her Migraines, And A Structural Correction Approach Has Worked For Her. She Now Has An Awesome Future To Look Forward To. Great Job Job Josie!