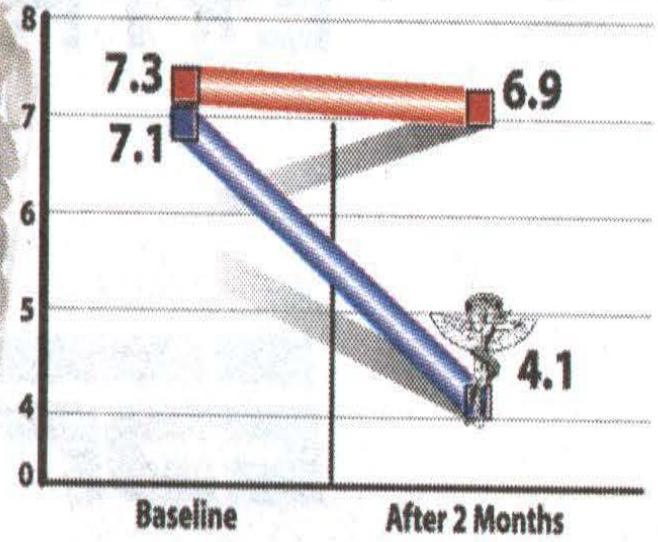
Chiropractic Reduces Migraine Suffering

Control Group

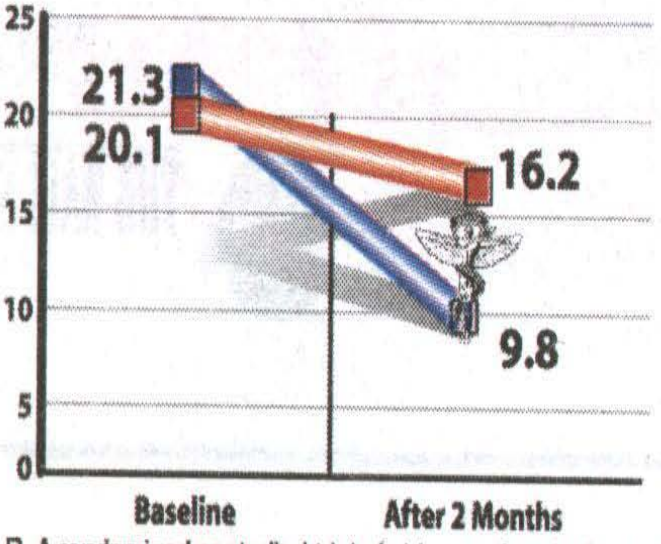
Manipulation Group

A randomized controlled trial demonstrated the effectiveness of two months of chiropractic adjustments for migraine sufferers:

Average Migraine Episodes per Month:



Average Medications Taken per Month:



SOURCE: Tuchin PJ, Pollard H, Bonello R. A randomized controlled trial of chiropractic spinal manipulative therapy for migraine. *J Manipulative Physiol Ther* 2000;91-5.