

<MD Name>
<MD Practice Name>
<Street Address>
<City, State Zip>

<date>

Dear Dr. <MD Last Name>

Re: Co-Managing Neck-Tension Headaches

A recent study concluded that one of the most common causes of headache responds well to medical and chiropractic co-management:

“Manipulation and exercise, in addition to pharmacologic treatment in tension-type headache patients with cervical dysfunction appear to be a promising approach. The manipulation group was statistically better than the myofascial release group in terms of headache frequency and headache severity. Also, the manipulation group showed statistically significant improvements in all outcome criteria.” (1)

Multiple prior studies have confirmed the effectiveness and safety of spinal manipulation for headaches: (2-11)

- Spinal manipulation cuts the number of symptomatic days in half. (11)
- Manipulation is more effective than (PT) mobilization or massage for a headache of cervical origin. (7,11)
- *“Adverse events were mild and transient (local tenderness). Severe or serious adverse events were not observed.” (12)*

This data adds to a growing list of support for employing spinal manipulation for headache sufferers. I hope that you will consider recommending chiropractic care for your appropriately screened patients. We are honored to be your partner in co-managing patients and will work diligently to provide tools that quickly and safely resolve problems.

Sincerely,

<provider name>

References

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