Before you see a chiropractor for migraines or headaches

Use these steps from the article to stay safe and get the right headache care.

- [ ] Get a headache diagnosis from a doctor before booking a chiropractor.
- [ ] Keep using the migraine treatment your doctor prescribed.
- [ ] Tell the chiropractor about every health condition and medicine.
- [ ] Ask whether a gentler technique can replace a fast neck thrust.
- [ ] Expect mild side effects such as a temporary headache to fade within 24 hours.
- [ ] Go to emergency care for a sudden, severe thunderclap headache.
- [ ] Seek emergency care for a headache with fever and a stiff neck.
- [ ] Treat a promise of a migraine cure or a long prepaid plan with caution.
- [ ] Stop the trial when headaches do not improve.

Notes

For general education only. Not a substitute for professional medical advice.