



of the in-office treatments. Supplementary activities, including yoga, can also help to address other problems and triggers of migraines, including stress and depression.

While chiropractors are among the few qualified to determine if migraines are caused due to back problems, there are a few ways that you can tell if you should consult with a professional.

These are two of many questions you can ask yourself to help determine if professional chiropractors may be right for you and your migraines:

1. Do you suffer from back pain? The back is a complicated system of muscles, discs, and vertebrae, and any form of misalignment can trigger migraines.
2. Do you suffer from stiffness in your neck? While many people associate back pain with developing migraines, few realize that something as simple as a stiff feeling in the neck can be a trigger for severe headaches.

After answering these two questions... Call Rasmussen Chiropractic Center for Wellness for a full list of our services and to receive additional information regarding migraines and the treatment.

Talk to us to learn more about how chiropractic care can help treat migraines and headaches.

Set up an appointment today! 770.461.8781