

Unexpected resolution of chronic sinus headaches following chiropractic care for cervicogenic headaches: A case report [Abstract]

Chad Hagen and Barbara Mansholt

Indexing terms: Chiropractic; SOT; AO; tension-type headache; sinus headache; allergies; upper cervical specific.



Objective:

To discuss chiropractic management of a patient presenting with suboccipital headaches and chronic allergy-induced sinusitis.

Clinical Features:

A 50- year-old female with a history of chronic sinus headaches presented with constant bilateral suboccipital pain for 3 weeks. The patient has had sinus headaches 1 time per week for most of her adult life. She managed the symptoms with daily over-the- countermedications. The physical examination was unremarkable, revealing no red flags. This episode of suboccipital headaches was previously treated with stretching and massage without resolution; she received diversified-type chiropractic care 6 months previously without change to conditions.

Intervention and Outcomes:

Upper cervical specific radiographs were used for Atlas Orthogonal (AO) biomechanical analysis. The patient was scheduled once/wk for 4 weeks and adjusted as indicated using AO, Thompson, and sacro-occipital technique assessments. Suboccipital headaches resolved after 3 treatments. The patient noted that sinus headaches had also ceased. She chose to discontinue her routine antihistamine use; her allergy symptoms have not returned.

Conclusion:

Chiropractic care is a validated option for management of cervicogenic and tension-type headaches. This patient experienced improvement in concurrent allergies and/or sinus headaches. Further research is needed regarding upper cervical specific correlation.

Barbara Mansholt

DC

Private Practice, Davenport IA

Chad Hagen

DC

Private Practice, Bettendorf IA

Cite: Hagen C, Mansholt B. Unexpected resolution of chronic sinus headaches following chiropractic care for cervicogenic headaches: A case report [Abstract]. Asia-Pac Chiropr J. 2025;6.2. www.apcj.net/SOT-Abstracts-2025/#HagenMansholtCervicogenicHeadaches

About the practitioner



Chad Hagen DC is a 2005 Palmer graduate and second generation chiropractor. Classically trained in Atlas Orthogonal and a Certified SOT® Instructor, Dr Chad's private practice specialises in these techniques located in Bettendorf, Iowa. As Assistant Professor at Palmer Davenport, Dr Chad teaches in both the Technique and Philosophy Departments. His instructional focus is Subluxation Analysis, Toggle Recoil, Chiropractic Theory, and both the Sacro-Occipital Technique electives. Dr Hagen is also Advisor for the SOT and Palmer Upper Cervical clubs.



Tap/click to download proceedings