

## Effectiveness of Neurac Treatment Method in Patients with Chronic Headache Associated with Neck Pain

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### Abstract:

**Introduction:** Most patients with chronic headache periodically have accompanying pain in the neck.

**Objectives:** To establish options for the coexistence of neck pain with chronic headache and to study the effectiveness of using the neurac treatment method with sling exercises on the course of chronic headache.

**Methods:** 76 chronic headache patients who had neck pain aged 23 to 60 (average  $36.4 \pm 18.4$ ) years were examined. There were 2 types chronic headache: chronic migraine 26 (34,3%) and chronic tension headache 50 (65,7%). Both groups were divided into two groups: 1st – neck pain was concomitant or trigger of headache, 2nd – neck pain is accompanied symptom.

**Results:** After a one-month course of neurac therapy, the number of days with headache decreased by 50% or more in the chronic migraine patients 1st group in 8 (44.5%) patients, in the 2nd - in 2 (25.0%); in the chronic tension headache patients 1st group in 15 (68.2%) patients, in the 2nd - in 18 (64.3%).

**Conclusions:** The effectiveness of neurac treatment method was demonstrated in chronic migraine in case neck pain was a concomitant or trigger and in chronic tension headache in both groups. Selected criteria for evaluating neck pain can be used to diagnose its origin.

### Keywords:

chronic migraine, chronic tension headache, neck pain.