

Contact Person: Dr. April Cardwell, D.C.  
Bob Betts (515) 720-3615 (for media availability)  
Company Name: Spine Correction Center of the Rockies  
Telephone Number: (970) 226-1117  
Fax Number: (970) 226-0251  
Email Address: [frontdesk@spinecorrectioncenter.com](mailto:frontdesk@spinecorrectioncenter.com)  
Web site address: [www.spinecorrectioncenter.com](http://www.spinecorrectioncenter.com)



**PRESS RELEASE**  
**March 16, 2011**  
**For Immediate Release**

**New therapy in Fort Collins for headaches; many types of headaches respond to treatment including migraines**

(Fort Collins, Colorado) In the United States over 45 million people experience chronic recurring headaches. [Dr. April Cardwell](#) of the [Spine Correction Center of the Rockies](#) at 1101 Oakridge Drive, Suite A in Fort Collins is offering a new treatment for patients with all types of [headaches](#), including [migraines](#). The new treatment involves restoration of the normal spinal curvature in the cervical spine (spine in the neck). The cervical spine of the neck consists of seven bones called vertebrae that can pinch nerves and send neck muscles into spasm when they are out of alignment which can cause headaches.

The first appointment for a patient consists of a thorough medical history and a detailed description of the duration and frequency of their headaches. Dr. Cardwell explains, "There would be a consultation with the doctor; if after consultation there was a need for x-rays and exam they would be performed at that time." X-Rays are evaluated for abnormalities in the spinal curvature and treatment is individualized according to the patient's spinal curvature.

The treatment protocol consists of rehabilitating the spine of the neck (cervical spine) and surrounding muscle tissue using a variety of therapies. Because soft tissue (muscles, tendons, and ligaments) support bony tissue it is important to re-educate those tissues to better support the cervical spine. "The cervical curve is restored by using a body weighting system to achieve [neuro-muscular re-education](#) of the cervical spine. The vibrational traction and vibration platform are also used prior to the body weights to mix or warm up the spine or surrounding tissue. Its usually about 3 to 6 visits before the pain relief is evident," said Dr. Cardwell.

Symptoms of migraine headaches include

- moderate to severe, throbbing head pain
- pain that worsens with physical activity
- sensitivity to light or sound
- one third of patients have an aura where there are visual symptoms including zig zag lines, flashing lights, a wave like appearance to the vision that precede a migraine

-more-

There are other factors that contribute to headache severity. Some of those include stress, caffeine intake, and nutrition. Reduction in caffeine intake sometimes reduces the severity of headaches. According to the Food and Drug Administration's Center for Drugs and Biologics these foods and beverages contain caffeine- coffee, tea, colas and some other sodas, and anything with cocoa or chocolate. Stress can affect muscle contraction, especially in the neck and lead to muscle tension headaches. According to Dr. Cardwell, "It is very important to decrease stress as much as possible. Some diet changes that are important include decreasing the amount of sugar intake as well as eating raw vegetables and fruits."

The Spine Correction Center of the Rockies is a new concept spinal rehabilitation facility that focuses on correcting abnormalities with spinal alignment in the neck and back. The Spine Correction Center uses state of the art equipment and therapies to restore wellness. Dr. April Cardwell attended York College in York, Nebraska graduating with a Bachelor of Science degree in General Science. Dr. Cardwell received her Doctorate of Chiropractic degree from Palmer College of Chiropractic in Davenport, Iowa in February of 2006. Prior to her graduation from Palmer College of Chiropractic, she traveled to India to provide humanitarian care to hundreds of people. In addition to her chiropractic education, she has had extensive post graduate study on spinal rehabilitation focusing on spinal curve restoration at the Pettibon Institute. In 2009, Dr. Cardwell became certified in standard treatment of scoliosis by the Clear Institute. She has practiced with Dr. Michael Farrell at the Spine Correction Center of the Rockies in Fort Collins, Colorado since July of 2007.

###