

Most people in the general population have headaches from time to time. However, about 3 in 100 people have headaches occurring on most days. Most of these occur for no apparent reason, although there may well be underlying stressors that can sometimes be a cause.

Headache is defined as chronic when it occurs 15 or more times per month for a minimum of 6 months. [International Headache Study criteria].

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In other words, often "tension" headaches can result from constant pain in other parts of the body and especially if there are problems with the neck.

Again, "alternative" practitioners such as chiropractors will tell you that migraines may result from spinal problems.