



WHAT ARE THEY AND WHAT CAUSES THEM?

Head pain that is referred from the bony structures, nerves or soft tissues of the neck is commonly called "cervicogenic headache." It often occurs after a head or neck injury but may also occur in the absence of trauma. The features of cervicogenic headache may mimic those commonly associated with other headaches such as tension-type headache or migraine. Although the prevalence of these is low they are much more common in people with chronic headaches (up to 20%). There are many different headache types some of which are not appropriate for physiotherapy management.

WHAT DAMAGE HAS BEEN DONE?

Cervical headache may be due to referred pain caused by irritation of the nerves of the upper neck. This may be due to damage to the upper neck joints or compression of the nerves as they pass through the muscles. Patients with cervicogenic headache will often have poor posture or restricted range of motion of the neck both of which can contribute to symptoms.

HOW CAN PHYSIOONE ASSIST?

- We can diagnose the problem
- We can educate you on why it is occurring and show you how to manage it
- We can provide stretches for areas which are too tight
- We can provide strengthening for key postural muscles
- We can perform specific mobilization/ or manipulation to stiff joints
- We can provide acupuncture
- We can do soft tissue therapy to release the tight muscles