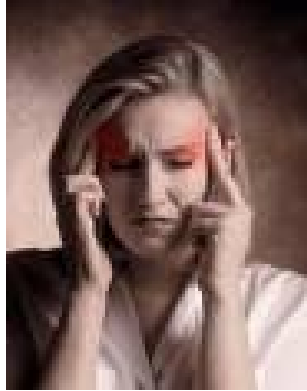


Headache



Headache is one of the most common complaints encountered by many people. Unfortunately, most of us do not know the fact that in many cases headache actually can from bony structures or soft tissues of the neck.

Cervicogenic headache, a mysterious form of headache and its symptoms closely resembles to Migraine. Most people are unaware of cervicogenic headache and simply call them as migraine.

Origin and cause of Cervicogenic Headache:

The Cervicogenic Headache is most commonly associated with degenerative (wear and tear) changes of the upper cervical spine. The degenerative process which leads to reduction in the space between two bones will result from movement disorders or movement restrictions. Impairment of free movements at the joints, discs or ligaments may lead to irritation of sensitive structures of the joints and soft tissue of the neck and which refer pain to the head region. The other cause of Cervicogenic Headache is the trigger points in the cervical and shoulder muscles. The trigger point often occurs on the muscles due to sustained overloading of the muscles. Prolonged

use of computer and whiplash injuries are common contributing factors for Cervicogenic Headaches and muscular trigger points.

Symptoms of Cervicogenic Headache:

Patients who suffer from Cervicogenic Headache usually complain of deep, throbbing or non-throbbing ache, which is unilateral in majority of the cases and bilateral at times. The headache is more localized to occipital (rear head), frontal (front head) and orbital regions.

Headache is triggered by neck movements, sustained or awkward neck posture (e.g.: using computer). Pressure by your thumb on the upper cervical spine often causes your headache. The other associated symptoms of cervicogenic headache are nausea, vomiting, blurred vision and dizziness. Cervicogenic headache is more common in women than in men and also common among those who spend more time using computers.

Treatment of Cervicogenic Headache:

Physical Therapy has proven long term benefit for the management of Cervicogenic Headache. Manual mobilization on the cervical spine with heat treatments and exercises of the muscles of the neck gives sustained reductions of headaches frequency and intensity.



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