



Understanding Cervicogenic Headaches

What Are Cervicogenic Headaches? Cervicogenic headaches are headaches that originate from the neck due to muscle tension, joint dysfunction, or nerve irritation. While the pain is felt in the head, the root cause is structural issues in the cervical spine.

✓ **What Causes These Headaches?**

Cervicogenic headaches develop when the muscles, joints, and nerves in the neck become irritated or restricted.

✓ **Common triggers include:**

- Poor posture (looking down at screens, prolonged sitting)
- Neck injuries (whiplash, muscle strain)
- Tight muscles in the neck and shoulders
- Joint dysfunction in the cervical spine
- Repetitive movements that strain the neck

✓ **Common Symptoms**

- Pain on one side of the head or face
- Neck stiffness or discomfort
- Pain that worsens with neck movement or poor posture
- Shoulder or arm pain (in some cases)
- Possible dizziness or difficulty concentrating



✓ **How Cervicogenic Headaches Develop**

- ✓ **- The Role of the Neck:** The upper cervical spine (C1-C3) has direct connections to the nerves that transmit pain signals to the head. When the joints or muscles in this area become irritated, they can refer pain to the skull, causing headaches.
- ✓ **- Muscle Tension & Restricted Movement:** Over time, tight muscles and stiff joints place excess stress on the nerves, leading to headaches that won't improve with regular painkillers since the issue is mechanical, not chemical.

- ✓ **- Postural Strain & Daily Habits:** Prolonged forward head posture (such as looking down at a phone) places an extra 10-15 pounds of force on the neck, leading to muscular fatigue and joint irritation.

✓ **How to Prevent Cervicogenic Headaches**

- Improve Posture Keep your head aligned with your spine, especially when using screens or working at a desk.
- Stretch & Move Regularly Avoid staying in one position for too long; incorporate gentle neck and shoulder stretches throughout the day.
- Strengthen Neck & Upper Back Muscles Building stability in these areas reduces strain on the cervical spine.
- Avoid Excessive Forward Head Posture Keep screens at eye level and take frequent breaks from looking down.
- Stay Hydrated & Reduce Stress Dehydration and tension can contribute to muscle tightness and headaches.

✓ **When to Seek Care**

If you experience persistent headaches that don't respond to pain medication, or if you notice neck stiffness, reduced mobility, or worsening symptoms, chiropractic care can help address the root cause of the problem rather than just masking the pain. Remember pain is the last to appear but the first to diminish. It's the root causes that can linger for much longer.

-Have more questions? Let's discuss how we can support your recovery during your next visit!

