

Beach

COMMUNITY CALENDAR
 19

HomeFinder.ca Find your Next Home NOW

Home > Community > LESS PAIN, MORE GAIN: Help for people with...

May 17, 2012 | Vote 0

LESS PAIN, MORE GAIN: Help for people with cervicogenic headaches

Like 0 +1 0 Tweet 0 | SHARE

Beach Mirror

Almost everybody experiences headache at some point in their life.

Tension headaches are the most common form of headaches and usually aren't severe enough to require medical attention. Migraine headaches are also common and are the most common form of headaches that brings people to their doctors' offices.

When the source of headache is a problem in the neck area (bony structures, joints, tendons, ligaments or muscles), it is called cervicogenic (pronunciation: SUR-vico-jen-ik) headache, which is the type of headache that one per cent of people suffer from.

Head or neck injuries such as whiplash or sports injuries involving the neck area, arthritis or trigger points in the neck muscles and tendons can all cause cervicogenic headache.

Dr. Lori Montgomery lists the signs and symptoms of cervicogenic headache:

- Pain is most often on one side of the head only.
- It is often a dull or piercing pain, starting in the back of the head or the neck and moving forward to the forehead or temples.
- Headache can occur with pain and stiffness in the neck.
- Headache can occur with pain or stiffness in the shoulder and arm on the same side.
- Some people have some mild sensitivity to light and sound as well as nausea and vomiting with severe pain. This can cause confusion between headache and migraine.

What causes cervicogenic headache?

It's believed because of a convergence of sensory nerves from the neck with the nerve responsible for transmitting signals related to headaches, the problems in the neck area are felt as headache.

How is cervicogenic headache diagnosed?

Your doctor will obtain a full medical history and will perform a clinical examination, which includes a neurological examination to rule out any systematic disease that may cause headache. Your doctor may order diagnostic imaging such as X-ray, CT or MRI. Although these tests can't confirm the diagnosis of cervicogenic headache, it can lend support to its diagnosis or may be used to rule out any possible structural disorder.

How is cervicogenic headache treated?

The successful treatment of cervicogenic headache requires developing an individualized treatment plan utilizing a range of pharmacological and non-pharmacological treatments aimed at the cause of headache.

- Medications often provide only modest benefit for this condition and temporarily reduce pain intensity, however, it provides benefits by allowing patient to actively participate in their exercise programs and therefore benefit from other non-medicinal treatments.
- Research suggests patients who are involved in ongoing exercise and physical conditioning programs have more effective long-term prevention and control of headaches.
- In addition to physiotherapy and stabilizing joints in the neck area, techniques such as craniosacral, strain-counter strain and muscle energy, performed by a doctor of osteopathy, are affective treatments for the management of cervicogenic headache.
- Physiotherapists gradually advance patients' program to include strengthening and aerobic conditioning to improve general fitness and functional level.

Psychological and behavioral treatment

Pain management education including self-management, developing positive outlook and gaining control over pain have all proven effective in managing headaches. Interventions such meditation, relaxation and cognitive-behavioral therapy are important adjunctive treatments in the comprehensive management of pain.

Note:

This information shouldn't be used as a substitute for necessary consultations with a qualified health-care professional. Always consult a medically trained professional with questions and concerns you have regarding your medical condition.

Gita Mikal is the founder of Pain Management and Fibromyalgia Centre and Physiotherapy at Don Mills. Gita is a practicing physiotherapist with post-graduate training in pain management. She incorporates a variety of therapeutic techniques such as manual therapy, acupuncture and pain education in her treatments. Visit www.physioatdonmills.com, or call 416-444-4800.

Like 0 +1 0 Tweet 0 | SHARE

This article is for personal use only courtesy of Beach Mirror a division of Metroland Media Group Ltd.

Community Contributions

Suggest a Story Submit your Event

click here

HomeFinder.ca Find your Next Home NOW

- Browse View more than 1750 listings in Ontario
- Search Target any or all of Ontario's popular cities, towns, and neighborhoods
- Learn Detailed demographic information by neighbourhood
- Connect Reach out to one of 15,000 Ontario Real Estate Agents

TCN Info

- About Us
- Advertising Media Kit
- Buy a Photo
- Company Directory
- Contact Us
- Press Releases
- Print Editions
- Sitemap
- Submit A Story
- Terms of Use
- Work for Us
- Newsletter
- Mobile

InsideToronto Local Info

- Announcements
- Classifieds
- Jobs
- Real Estate
- Rentals
- Shopping
- Used Cars

InsideToronto Community Sites

- BramptonGuardian.com
- CottageCountryNow.ca
- DurhamRegion.com
- InsideHalton.com
- Mississauga.com
- MyKawartha.com
- NiagaraThisWeek.com
- NorthumberlandNews.com
- Simcoe.com
- YorkRegion.com
- YourOttawaRegion.com

InsideToronto Site Affiliates

- DailyWebTV.com
- Goldbook.ca
- Insurance Quotes
- Leasebusters.com
- Mortgage Rates Toronto
- Flyerland.ca
- Save.ca
- Shop.ca
- Toronto.com
- WagJag.com

InsideToronto Daily Newspapers

- The Guelph Mercury
- The Hamilton Spectator
- The Toronto Star
- The Waterloo Region Record