

Cervicogenic Headache

What is it?

This is a headache that actually originates from the neck. Stiffness or tension in the top three joints of the neck can send pain signals up into the head, often felt behind the eyes or wrapping around the skull.

If the headache can be reproduced by pressing the upper cervical spine or by neck movement, physiotherapy is highly effective.

Advice:

- **Check Your Pillow:** It should fill the gap between your neck and shoulder. If it's too high or too flat, it strains the upper neck.
- **Workstation:** Ensure your screen is at eye level. Looking down at a laptop screen creates a "chin poke" posture that compresses the upper neck
- **Hydration:** Dehydration often worsens muscle tension headaches.

Early Management Exercises:

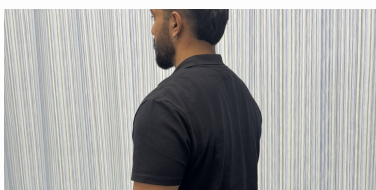
- **Chin Tucks:** Pull your chin straight back (give yourself a double chin) to lengthen the back of the neck. Hold 5s.



- **Upper Trapezius Stretch:** Gently tilt ear to shoulder (hold chair to anchor shoulder down). Hold 20s.



- **Scapular Retraction:** Squeeze shoulder blades together gently to open the chest.



Stop the headache at the source.

Don't just mask the pain—book in for hands-on treatment and posture correction to get lasting relief.