

Cervicogenic Headaches

Advice and treatment

Cervicogenic headaches may be caused by pain from the joints and muscles in your neck. They often start on one side of your neck and move into your head.

This leaflet is intended to support the advice you've received from your GP and Physiotherapist.

The exercise diagrams have been created by Physiotools.

Visit Physiotools website physiotools.com

Signs and symptoms

Headaches are very common with 90% of the population experiencing at some point in their lives. About 15-20% of these are cervicogenic headaches. Most headaches aren't caused by a serious condition and can be treated with pain relief.

Symptoms may include:

- Commonly one-sided neck/head pain
- Headaches caused by moving your neck
- Feeling pain, pressure or stiffness at the top of your neck, or bottom of your head
- · Having trouble moving your head or neck
- Pain on one side of your neck, shoulder or arm
- Restricted neck range of movement

You can find out more about headaches from the NHS website **Visit NHS website** <u>nhs.uk/conditions/headaches/</u>

If you've had a recent head injury which is causing headaches, or you're having the following symptoms, please contact your GP:

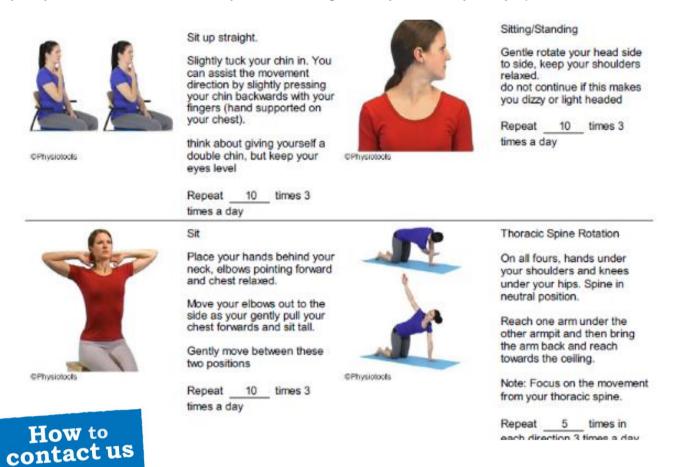
- Feeling light-headed or dizzy
- · Difficulty talking or swallowing
- · Worsening headaches despite painkillers
- Sudden fainting, nausea or vomiting
- Numbness or tingly of your face
- Double vision or sudden change in your vision

Treating cervicogenic headaches

- Practise good sleep patterns aiming for 8 hours sleep, and reduce screen-time before bed
- Exercise regularly this can be in many forms from walking and gardening to running and weights
- Consider an eye check to make sure this is not playing a part in the headaches
- **Managing stress and anxiety** these may not cause your symptoms but they could contribute. Consider mindfulness apps such as headspace or calm
- Heat using a heat patch or a wheat bag at intervals during the day, may also help. Please do not use heat if you have altered or poor sensation of your skin

Exercises

Complete these gentle exercises little and often to help reduce spinal stiffness and other symptoms. They may be uncomfortable, but they should not significantly increase your symptoms.



Visit our webpage berkshirehealthcare.nhs.uk/physiotherapy

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