

Cervicogenic Headache

What is it?

A headache that comes from the joints and muscles at the top of the neck.

What does it feel like?

Aching or throbbing on one side of the back of the head and/or forehead. The aching tends to get worse as the day goes on or when you spend a long time in one position.

What to do:

Stretch stiff neck joints or muscles, do exercises for posture, and/or change your work set-up.

Exercises

1) Self Neck Release



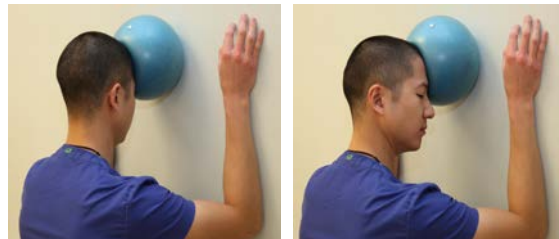
In above position tuck chin in with left hand and look down. Next add pressure with right hand and gently stretch back of head. Hold 30 seconds. Perform 3 times – 3 times a day

2) Supine and sitting cervical retraction/chin tuck



Lying on your back, slightly tip nose down and tuck chin in. Hold 30 seconds. Perform 10 times 3 times day.

3) Ball on wall with/without rotations



1. Standing with small ball on wall. Tuck in chin and hold 15 seconds.
2. Standing with small ball on wall. Tuck in chin and gently turn head to right, then left. Repeat 10 times 2 times a day