

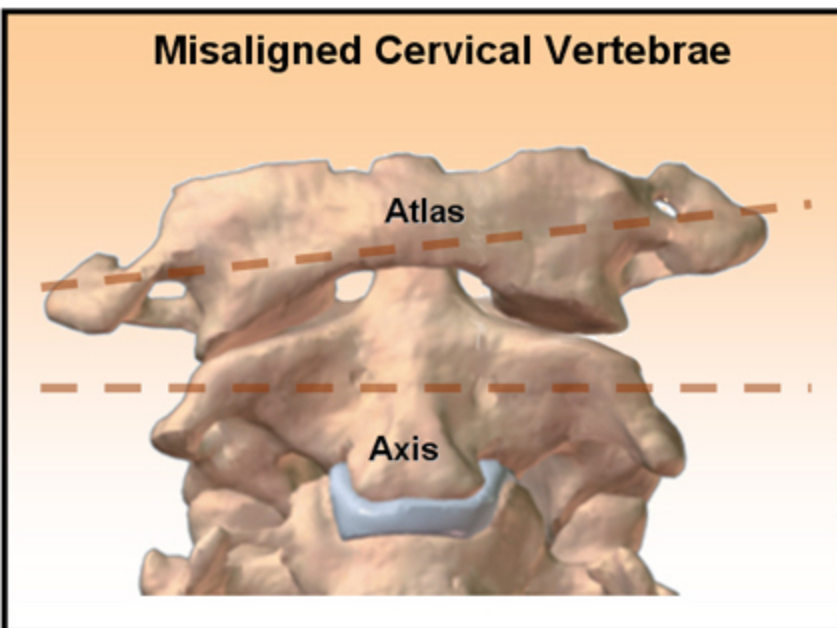
Cervicogenic Headaches

If you answer “yes” to any of the following questions, you may be experiencing Cervicogenic Headaches:

- Does it seem like your headaches never go away completely?
- Do you have difficulty working because of your headaches?
- Are headaches becoming a more frequent occurrence in your life?

What is a Cervicogenic Headache?

Generally, a cervicogenic headache occurs on only one side of the head. Diagnosis will be based on several key factors: medical history, physical exam, laboratory work, x-rays, or an MRI.



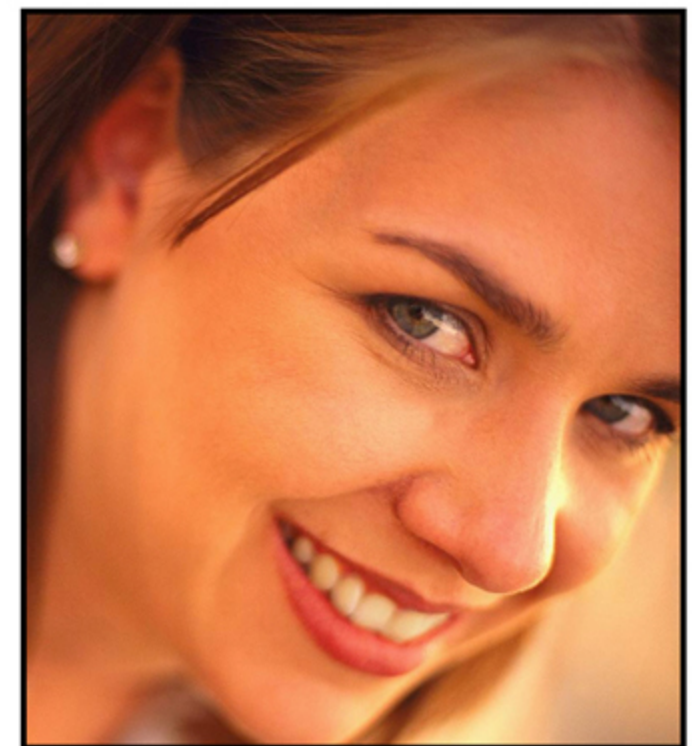
What Causes Cervicogenic Headaches?

Misalignments in your cervical spine, whether caused by injury, poor posture, stress, or physical activity, can lead to cervicogenic headaches. Pressure on the neck may increase the pain, and that pain may travel from the head down to the neck and the shoulder.

What is the Treatment for Cervicogenic Headaches?

Researchers at Duke University found that chiropractic spinal adjustments resulted in almost immediate improvement of cervicogenic headaches. Additional treatment of cervicogenic headaches may include electric muscle stimulation, massage, posture recommendations, diet and nutrition, exercise, sleep habits, and relaxation and stress-reducing techniques.

If you have developed headaches following an accident, see your chiropractic healthcare provider to rule out any serious injury and to correct a spinal misalignment.



Follow your healthcare provider's treatment plan to prevent headaches and to enjoy optimal health.