

## Cervicogenic Headaches

These are headaches caused by dysfunction in the cervical spine (neck). There is a relay station called the trigemino-cervical nucleus that lies in the upper cervical spinal cord which houses two neural pathways. One pathway (the trigeminal nerve) supplies sensation to the front of the head/face and the other pathway (cervical nerves) supplies sensation to the back of the head. If there is a problem in the upper neck such as tight muscles, stiff joints, inflamed ligaments, irritated local nerves, it triggers this relay station causing referred pain into the head and/or forehead.

The headache usually occurs on one side and is accompanied by reduced and/or painful range of motion in the neck. The muscles at the base of the skull and neck will be tight and pressure over the involved area of the neck can either intensify the headache or relieve it.

Cervicogenic headaches respond well to Chiropractic care, as by loosening up the muscles and joints in the upper neck it helps to restore normal joint function and reduces the muscle tone taking pressure off the pain sensitive structures causing the headaches.

### Trigeminal Nerve and Branches

