

# Cervicogenic Headache

Cervicogenic headaches are a type of headache that has its origin from the neck. This is due to a musculoskeletal dysfunction of the cervical spine and therefore headaches are usually accompanied by pain and stiffness of neck movements. A neural component maybe present due to irritation of the nerves exiting from the upper cervical spine segments (C1/2/3 nerve roots). Treatment consists of restoring movement, reducing stiffness and loosening tight muscles.

