Cervicogenic Headaches

Cervicogenic means related to the neck. This type of headache often starts with neck pain that moves from the back of the head towards the front. It is common to have the headache just on one side of the head. The pain is often deep and not throbbing. You may also have limited range of motion in your neck and neck stiffness. This type of headache is more common in women.

Other signs may be much like a migraine headache such as:

- Nausea and vomiting
- Light or sound sensitivity
- Dizziness

Poor posture and neck movements can bring on this type of headache. Coughing or sneezing also may bring on the pain.

**Treatment**

Treatment may include:

- Medicine to control pain or stress
- Exercises to stretch and strengthen the muscles of your shoulders and neck
- Massage to ease muscle tension and improve blood flow to neck and shoulder muscles

Other treatments may be used to control pain such as biofeedback, nerve blocks and injections. In some cases, surgery may be used.