DD 722 Cervicogenic Headaches

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Opening Statement ...

- Diagnosis is the key to successful treatment!

Headaches and Cervico-thoracic Pain

- Differentiate the types of tissues that may be involved with a chief concern of headaches, neck and upper back pain...

Strain of Middle Trapezius Muscle

- Crampy pain
- Knot
- Spasm pain
- Dull ache

Myofascial Trigger Point

- Localized pain with palpation
- Active trigger point may produce referred pain
**Myofascial Pain Syndrome**

- Paresthesias
- Crawling sensation (formication)
- Dull or deep ache
- Myotogenous
- Myotomal

**Myofascial Referred Pain**

- Upper Trapezius Fibers
  - Headache
    - Temporal
    - Cervicogenic
  - Tension neckache
  - Angle of jaw pain

**Sternocleidomastoid Muscle**

- Clavicular Division
  - Tension headaches
  - Atypical facial neuralgia
  - Cervicocephalgia

**Joint Pain**

- Zygapophyseal or Facet Joint
  - Sharp pain on motion
  - Constant dull or deep ache

Dwyer, April, Bogduk

**Ligament Pain**

- Scleratogenous Pain
  - Resembles radiating pain but it is a referred deep, dull ache

**Scleratogenous or Myofascial Triggers**

- Diffusely referred and hard to localize
- Deep and achey quality

Kellgren & Feinstein
Nerve Pain

- Burning and/or hot
- Tingling and/or numbness
- Nerve root tension signs

Lhermitte’s Sign

Nerve Pain

- Stabbing or lightning-like pain down spine and any combination of extremities
- Flexion or extension

Cervicogenic Cephalgia

- Head pain that is referred from the bony structures or soft tissues of the neck is commonly called “cervicogenic headache.”

Cervicogenic Headaches Neurogenic

- Neurogenic
- Occipital neuralgias
- Greater Occipital (2nd Cervical)
- Third Occipital

Cervicogenic Headaches Neurogenic

- Differentiate Cranial and Occipital neuralgias

Headache Differential Diagnosis
Differential Diagnosis

<table>
<thead>
<tr>
<th>Tension-Type Headache</th>
<th>Cervicogenic Headache</th>
<th>Migraine Headache</th>
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<tbody>
<tr>
<td>Bilateral</td>
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<tr>
<td>Non-pulsating</td>
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<td>Pulsating</td>
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<tr>
<td>Neck/shoulder pain</td>
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<td>movement/posture</td>
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Cerebrovascular Cephalgia

- The worst headache ever...
- Unrelenting pain
- Unable to sleep
- Nausea, numbness, nystagmus
- Dizziness, diplopia, drop attack, dysarthria, dysphagia

FAST Testing Protocol

- Face = smile, stick out tongue
- Arms = raise arms and check for drifting
- Speak = able to converse, no confusion
- Treatment = Call 911 and arrange for ambulance

CVA or TIA

- Take vital signs
- Orthopedic testing, manipulation and myofascial treatments are contraindicated
- Do not leave the patient until ambulance arrives
- Do not treat patient with any manual methods

Closing Statement ...

- Diagnosis is the key to successful treatment!

Cardiovascular Pain

Angina

Chest pain with exertion that settles within a few minutes with rest
Cardiovascular Pain
Myocardial Infarction

- Heaviness or tight chest pain possibly including upper posterior thoracic spine, throat and arm that does not settle within 20 minutes