THIS AUTHOR ALSO NOTES:

1) “Cervicogenic Headache” was introduced in 1983 to describe headaches stemming from the neck. [Chiropractors had been talking about the relationship between neck function and headaches for many decades prior to 1983]

2) Cervicogenic headache is recognized as a pain syndrome by the International Association for the Study of Pain (IASP).

3) Cervicogenic headache is classically unilateral without sideshift, with symptoms and signs of neck involvement, including at least 1 of the following:
   - Provocation by neck movement or by external mechanical pressure.
   - Ipsilateral nonradicular shoulder/arm pain.
   - Reduced cervical range of motion.

4) Neck mobility assessment should be a routine examination in headache patients.

5) Since reduced neck mobility is one of the major criteria for cervicogenic headache diagnosis, it emphasizes the need for systematic, objective neck mobility measurements in the individual patient to substantiate the diagnosis.

6) In all four groups of this study, active and passive neck movement was nearly the same.

7) This study compared the ranges of motion in four groups:

<table>
<thead>
<tr>
<th></th>
<th>Normal Controls</th>
<th>Tension Headache</th>
<th>Migraine Headache</th>
<th>Cervicogenic Headache</th>
<th>% Reduced v. Controls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rotation (unilateral)</td>
<td>85°</td>
<td>84°</td>
<td>87°</td>
<td>73°</td>
<td>15%</td>
</tr>
<tr>
<td>Flexion-Extension</td>
<td>129°</td>
<td>127°</td>
<td>133°</td>
<td>107°</td>
<td>17%</td>
</tr>
<tr>
<td>Lateral Flexion (unilateral)</td>
<td>47°</td>
<td>46°</td>
<td>46°</td>
<td>43°</td>
<td>9%</td>
</tr>
</tbody>
</table>
8) “There was significant differences between cervicogenic headache and the other groups for rotation and flexion/extension.”

9) “Reduced range of motion in the neck is one of the major criteria for cervicogenic headache.”

10) The control group showed that as one ages the cervical ranges of motion decrease. “Cervical spine mobility has been shown to decrease with age because of development of degenerative changes.”

11) Typically:

- **Cervicogenic Headache:**
  Pain begins in the neck and radiates towards the fronto-temporal region

- **Migraine Headache:**
  Pain begins in the fronto-temporal region

- **Tension Headache:**
  A bilateral “band” pressure, can involve the anterior and nuchal areas