



I HAVE HEADACHES!!

Cervical Headaches and Migraines

WHAT'S A MIGRAINE AND WHAT'S A CERVICAL HEADACHE?

Migraine is a headache that concerns women more than men arising by crises during a few hours and is usually preceded by recognized symptoms by the patient; headache, paleness, nausea and vomiting, alternating headaches (right-left) and usually begins at a young age before 10 years old. The family character is frequent. Its origin is a dysfunction of the vessels in the head.

This migraine so described has no relationship with a blockage of the cervical vertebrae, but an authentic migraine sufferer can present also vertebral blockages of the neck which are going to aggravate and to increase the number of migraine crises as well as the appearance of neck pains.

Cervical headache is a headache that concerns women as much as men, occurring most always on one side of the head of the patient. With time, the headache can become on both sides of the head. For the same patient, the trigger factors

maybe always the same or variable from one crisis to another; wrong postures, emotional distress, digestive difficulties (bloating, constipation), menstrual period... Its origin is a dysfunction or mechanical blockage of the neck's vertebrae leading to nervous irritations and provoking headaches. (Fig1)

Cervical Headache occurs in patient presenting a low level of pain tolerance, the lightest dysfunction or the smallest blockage of the neck's (cervical) vertebrae is not felt when the patient is fine and unstressed, but with the slightest neck overstrain (wrong postures), emotional distress, anxiety, the headache appears and very often the psychological factor is considered but wrongly! because the origin is a mechanical blockage of the cervical vertebrae but stress, whatever its origin is, modifies the patient's pain threshold.

IMPORTANT: However, there are numerous headaches labeled migraines while its origin is the neck. The latest statistics show that more than 94 % of headaches have neck origin (blockage between the vertebrae).

HOW TO RECOGNIZE THE CERVICAL HEADACHE?

Several symptoms will help us diagnosing cervical headaches:

- 1- Pain at the palpation of cervical vertebrae.
- 2- Tension of the neck muscles.
- 3- Pain at the friction of the scalp in well defined zones. (Fig2)
- 4- Pain at the pinched skin of the jaw. (Fig2)
- 5- Pain at the pinched eyebrow. (Fig2)

TREATMENT:

The treatment confirms the cervical origin of the headache, by relieving immediately the patient.

1- MANUAL TREATMENTS:

- A- C.O.M.T (Cervical Osteopathic Manipulatives Techniques).
- B- Relaxation and stretching of the neck muscles.
- C- Physiotherapy and Kinesiology.

2- ADDITIONAL TREATMENTS :

- A- Correction and postural adjustments.
- B- Rehabilitation of the neck spine through specific exercises prescribes to the patient.
- C-Work on trigger factors by modifying the patient lifestyle (resuming any sports activity, loss of weight, relaxation therapy, Yoga, psychotherapy...)

Visit at the doctor's practice: Mrs. C.L. 39 yrs old, accountant.

Mrs. C.L. consulted me for labeled headaches as migraine since the age of 16.

At first, related to her period, then increasing in frequency for the last 5 years, after a car accident. The pains were always on her head's right side never on the left side. She was twice hospitalized. The paraclinical exams (X-rays, blood tests...) were all negative. Visits at specialized doctors in ENT, stomatology, ophthalmology were also all negative. She consulted numerous specialists. The diagnosis of migraine was always retained. Failure of various anti-migraines drugs was also noted. When I saw her, I noticed a sensibility at the palpation at the right side of the first two cervical vertebrae and a very painful right pinched eyebrow. X-rays of the neck were without any specific findings. Three sessions of C.O.M.T (Cervical Osteopathic Manipulatives Techniques) were enough to cure completely the patient.

Elie MALEK MD,DOM

OSTEOPATHIC MEDICINE

Member of the French Professional Association For Osteopathic Physicians

Member of the French Society for Orthopedic and Osteopathic Manual Medicine

Member of the World Osteopathic Health Organization
Training Monitor at the French Academy for

Post-Graduate Training for Osteopathic Physicians - Paris

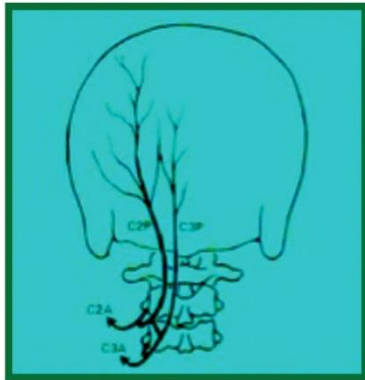


fig.1

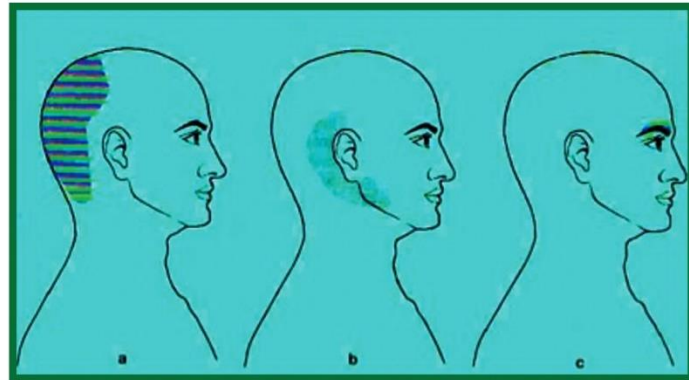


fig.2