

# Cervicogenic Headache

The headache that actually comes from your neck

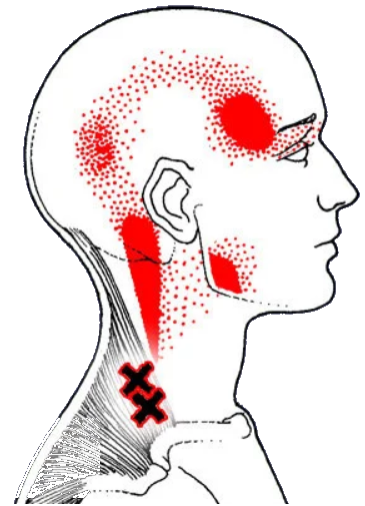
Some headaches don't start in your head at all, they start in your neck. If yours haven't responded to the usual remedies, **the source may be your neck rather than your head.**

## A headache with a neck origin

A cervicogenic headache is head pain that actually comes from the joints, muscles, or nerves of your **upper neck**. The pain is real and felt in your head, but its source is lower down.

## Why your neck causes head pain

It comes down to **referred pain**: you feel pain in one place, but it's coming from another. The nerves of your upper neck connect closely with those of your head and face, so when neck structures are irritated, your brain can read the signal as a headache. That's why the ache often begins at the back of the head and spreads forward toward the forehead, temple, or eye.



Pain from the upper neck can refer up into the head.

## Signs it might be coming from your neck

- Often felt on **one side**, starting at the neck or back of the head
- A **stiff or restricted neck** often comes along with it
- **Neck movement or positions** trigger or worsen it
- Pain **spreads forward** from the neck toward the front of the head

### THE GOOD NEWS

**Because the source is your neck, treating the neck can relieve the headache.** These headaches aren't something you just have to live with. When the neck is the driver, addressing it directly is often what finally makes the difference.

## How we help

- **Hands-on care** for the joints and muscles of the upper neck
- **Targeted exercises** to support the neck and reduce recurrence
- **Mobility work** to restore comfortable neck movement
- **Habit & posture guidance** for the positions that set it off



### When a headache needs prompt attention

Most headaches aren't dangerous, but seek prompt medical care for a **sudden, severe "worst headache of your life,"** a headache with **fever, stiff neck, confusion, vision changes, weakness, or trouble speaking,** or one following a **significant head or neck injury.**

**The takeaway:** if your headaches come with neck stiffness or are set off by neck movement, the neck may be the real source, and that's something we can help you address.

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