



# SYMMETRY

PHYSIOTHERAPY

## HEADACHES

Headaches can originate from a number of sources, one of which is the neck. Headaches caused by the neck are known as cervicogenic headaches.

Cervicogenic headaches tend to originate from the upper cervical spine, a region that has nerves supplying the head and scalp as well as a number of muscles that attach directly onto our skull. Extensive tension or strain to the muscles, ligaments and discs in this region can cause the sensation of pain as well as light headedness or dizziness. Typically these headaches are felt at the base of the skull or behind the eye but this can vary significantly.

Headaches originating from the neck are generally accompanied by other symptoms such as limitations in neck movements and neck pain. They are frequently seen in people who spend prolonged periods in poor postures such as working all day at computers or driving. They are occasionally associated with stress and tension and can also be caused by traumatic injuries to the neck (i.e. car accident).

### Treatment

It is important to have a physiotherapy assessment to determine if the headache is coming from the neck. If this is the problem, treatment can be aimed at relieving the stiff joints, stretching the tight muscles, or strengthening the muscles to significantly reduce the problem. Correcting poor postures and addressing stress can also be vital in fixing this very painful and persistent problem.

If symptoms persist, we will communicate with your G.P. or other relevant medical practitioner to ensure further investigation and management



## Locations

### *Altona North*

Corner of Mason and Mills Street,  
Altona North, 3025  
9392 2288

### *Hoppers Crossing*

Sports Medicine Centre  
333 Old Geelong Road  
Hoppers Crossing, 3029  
9369 4999

### *Sunshine*

Medical One Medical Centre  
Sunshine Plaza Shopping Centre  
324 Hampshire Road  
Sunshine, 3020  
93117266

### *Sydenham*

Medical One Medical Centre  
Corner Overton Lea Blvd and  
Keilor Melton Hwy  
Sydenham, 3037  
9390 3033

### *Tarneit*

412 Derrimut Rd  
Tarneit, 3029  
8742 2088

### *Taylors Lakes*

Medical One Medical Centre  
Corner of Sunshine Ave and  
Keilor Melton Hwy  
Taylors Lakes, 3038  
9390 8488