

Case Report

Cervicogenic headache - A case report

Asghar Akbari (PhD) *¹, Mohammad Afshar (PhD)², Hesam Moodi (BSc)³

¹Assistant Professor, Department of Physiotherapy, Zahedan University of Medical Sciences, Zahedan, Iran.

²Associate Professor, Department of Anatomy, Faculty of Medicine, Birjand University of Medical Sciences, Birjand, Iran. ³ Department of Physiotherapy, Zahedan University of Medical Sciences, Zahedan, Iran.

Abstract

Cervicogenic headache (CEH) is a chronic, hemicranial pain syndrome in which the sensation of pain originates in the cervical spine or soft tissues of the neck and is referred to the head. Cervicogenic headache is a relatively common but often overlooked disorder. There is sufficient evidence to support this category and the existing diagnostic criteria are adequate. The purpose of this case report was to describe an intervention approach consisting of release and muscle energy techniques for an individual with cervicogenic headache. Clinical examination revealed myofascial trigger points in trapezius, sternocleidomastoid and upper cervical spine erectors. Visual analogue scale (VAS) identified severe pain. Range of flexion and rotation was reduced. Complete pain relief was seen following three times treatment sessions. The results indicating definite diagnosis and appropriate treatment of cervicogenic headache.

Keywords: Cervicogenic Headache, Release, Muscle Energy, Trigger Points

* **Corresponding Author:** *Asghar Akbari (PhD), E-mail: akbari_as@yahoo.com*

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