

Abstract

Title

Cervicogenic headache

Objectives

It focuses on the prevalence of this disease in the general population and on the cervical spine segment where the dysfunction in patients with cervical headache occurs the most frequently. It also focuses on the effectiveness of manipulative therapies for this diagnosis.

Method

The thesis is conceived as a scientific literature research. In order to obtain sources professional database such as Pubmed, PEDro, Medline, HighWire, Science direct were used.

The thesis is divided into a theoretical and an analytical part.

There have been 3 research questions set for the purposes of the thesis.

Results

Based on the analysis of available studies, the thesis confirmed that the incidence of cervicogenic headache in the general population is not negligible. It has been proved that the diagnosis is quite frequent in patients suffering from headache, which may represent up to 35 % of patients. The results of available studies indicate that the dysfunction of the cervical spine causes 15–20 % of cervicogenic headaches. In most of the cases, it is the influence of the C1–C2, which is in more than 60 % of the cases. On the other hand, the influence of the AO joint is not very frequent. It only occurs in approximately 7 % of the cases.

Due to the fact that the dysfunction of the segment of the cervical spine (C1–C2) is a common cause of headache, we can expect the manual therapy to be efficient for the diagnosis and it has also been shown by available studies. Compared with other types of therapy, manual therapy had a high percentage of success.

In connection with analysis of headache cause the existence of anatomical connections, between suboccipital muscles and cervical dura mater spinalis, was identified and consequently proved by all available studies, as well as the effect of this joint on headache.

Keywords

cervicogenic headache, cervical spine, prevalence, cervical spine blockade, manipulative therapy