Those Headaches May be a Pain in the Neck

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75% of people living with migraine disease report neck pain

Relieving neck pain is an important part of headache management
Objectives

• Understand some of the cervicogenic contributions and to headaches

• Understand trigger points, self assessment, self care and partner care
- Increased Stress / Strain
- Decreased Threshold

Where is your threshold?

Disease or Injury

"Stress / Strain"

Disease

Health

Time

Strain Tolerance Threshold
Strain Exceeds the Capacity to Adapt and Heal

<table>
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<tr>
<th>Causes</th>
<th>Self-Care Remedies</th>
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<td>• Posture/Ergonomics</td>
<td>• Mindfulness stress reduction</td>
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<td>• Repetitive strain</td>
<td>• Posture correction</td>
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<td>• “Stress”</td>
<td>• Timely breaks</td>
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<td>• Acute injury</td>
<td>• Fitness / movement</td>
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<td>• Lifestyle</td>
<td>• Sleep</td>
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<td>• Migraine attack</td>
<td>• Massage / stretching</td>
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<td>• Nutrition</td>
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- Posture correction
- Timely breaks
- Fitness / movement
- Sleep
- Massage / stretching
- Nutrition
The Anatomy of the Problem
The Spinal Column

• Four Regions
  • Cervical
  • Thoracic
  • Lumbar
  • Sacral

• Four Curves
  • Cervical and Lumbar Lordosis
  • Thoracic and Sacral Kyphosis
Anatomy of the Cervical Spine
Effects of spinal bending
Facet Pain Patterns

Common Causes Facet Irritation and Pain

• Postural strain
  • Habitual
  • Occupational
  • Sleeping
• Trauma
  • Micro / macro
  • Inflammation
• Arthritis
Connective Tissues
Tying Everything Together

- Overstretch - Sprain
- Underuse - Contracture

Burning / Aching Pain
Myofascial Cervical-Cranial Pain

Introduction to Trigger Points
Myofascial Trigger Points

What are they?
- Tender points / bands
- Refer pain into predictable areas
- Cause tense, stiff muscles
- Elicit a twitch or jump response when stimulated

Treatment
- Ice / Heat
- Massage / TPT
- Stretching
- Compress and stretch
- Injections / needling
- Strain Reduction
Common Muscles that Cause Neck, Upper Back and Head Pain

- Trapezius
- Suboccipital
- Sternocleidomastoid
- Paraoral muscles
Trapezius Muscle
Trapezius Muscle

Referred Pain
Causes of Trapezius Pain

- Shoulder disorders
- Head tilt
- Forward head carriage
- Rounded shoulders
- Cool breezes
- Poor pillow support
- Muscle imbalances
Trapezius Muscle Stretches
Upper Trapezius Stretches
Self Trigger Point Therapy

Theracane
Suboccipital Muscles
An Anatomical Connection
Self Trigger point therapy
The Sternocleidomastoid
SCM Self Compress and Stretch
SCM Stretches
Some Causes of Suboccipital and SCM TPs

- TMD / bruxism
- Bifocal / progressive glasses
- Forward head carriage
- Weak deep neck flexors
- Imbalance of strength and flexibility
Myofascial Craniofacial Pain

The Paraoral Muscles
Masseter Muscle
Masseter Compress and Stretch
Temporalis Muscle
Temporalsis
Compress
and Stretch
Posture

The Foundation of Spinal Health
Upper Cross Syndrome

Tight Posterior Cervical Soft Tissues
Weak Deep Neck Muscles
Weak Parascapular Muscles
Tight: Thoracolumbar, Quadratus Lumborum Muscles
Weak Gluteal Muscles

Lower Cross Syndrome

Tight Pectoralis Muscles
Weak Abdominal Muscles
Tight: Hip Flexor Muscles, Piriformis
Self Test

- Rotate and side bend the neck from side to side
- Try while sitting erect
- Try while sitting slouched
Common Seated Postural Faults
Support your NECK while sleeping!

- Jackson Cervipillo
- McKenzie Cervical Roll
Key Postural Exercises

Position in life is everything
Postural Relief Position

Habits are hard to change....repetition is key!

10 seconds every hour!!
Wall Angels
Thank You

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