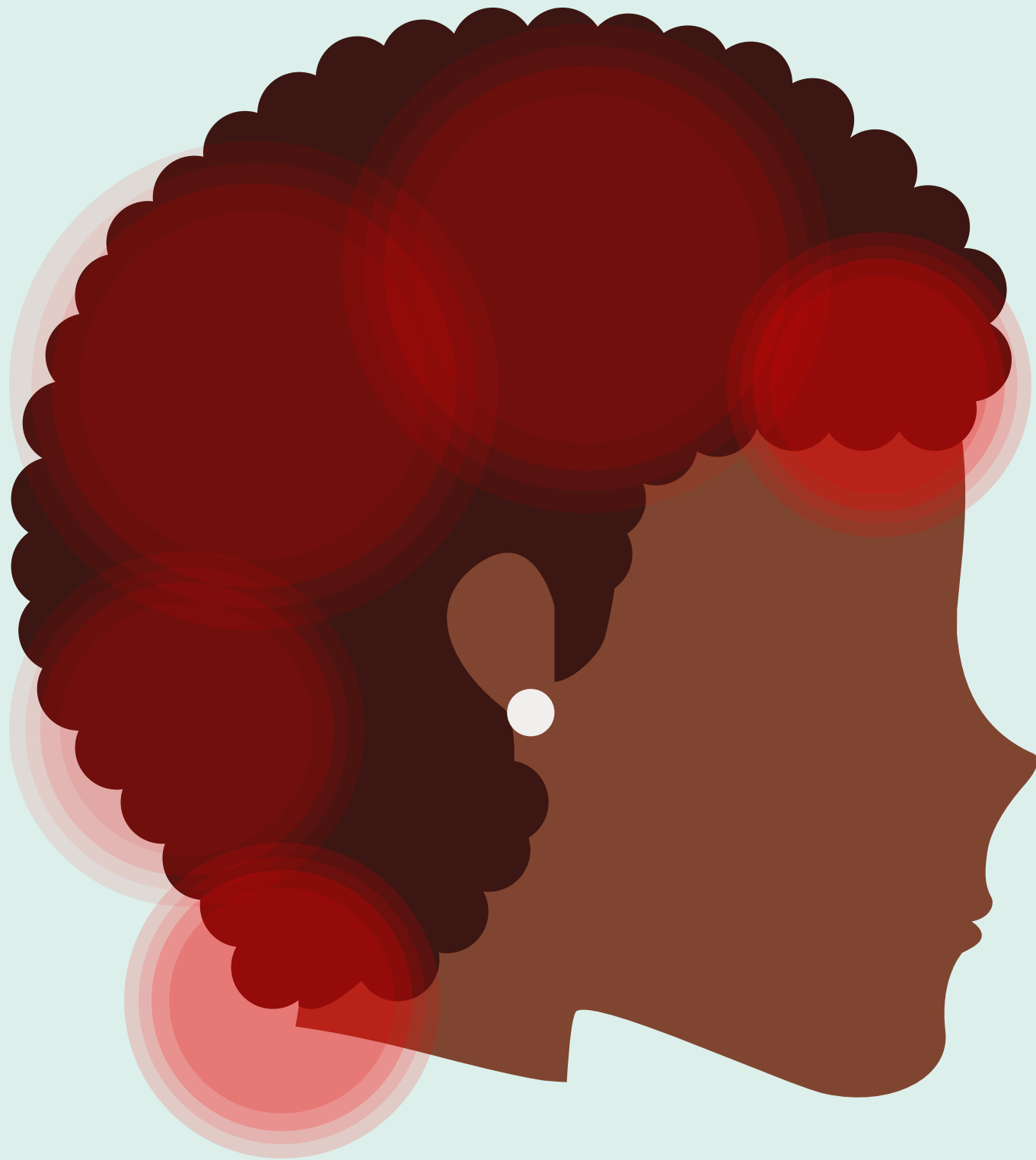


Cervicogenic Headaches

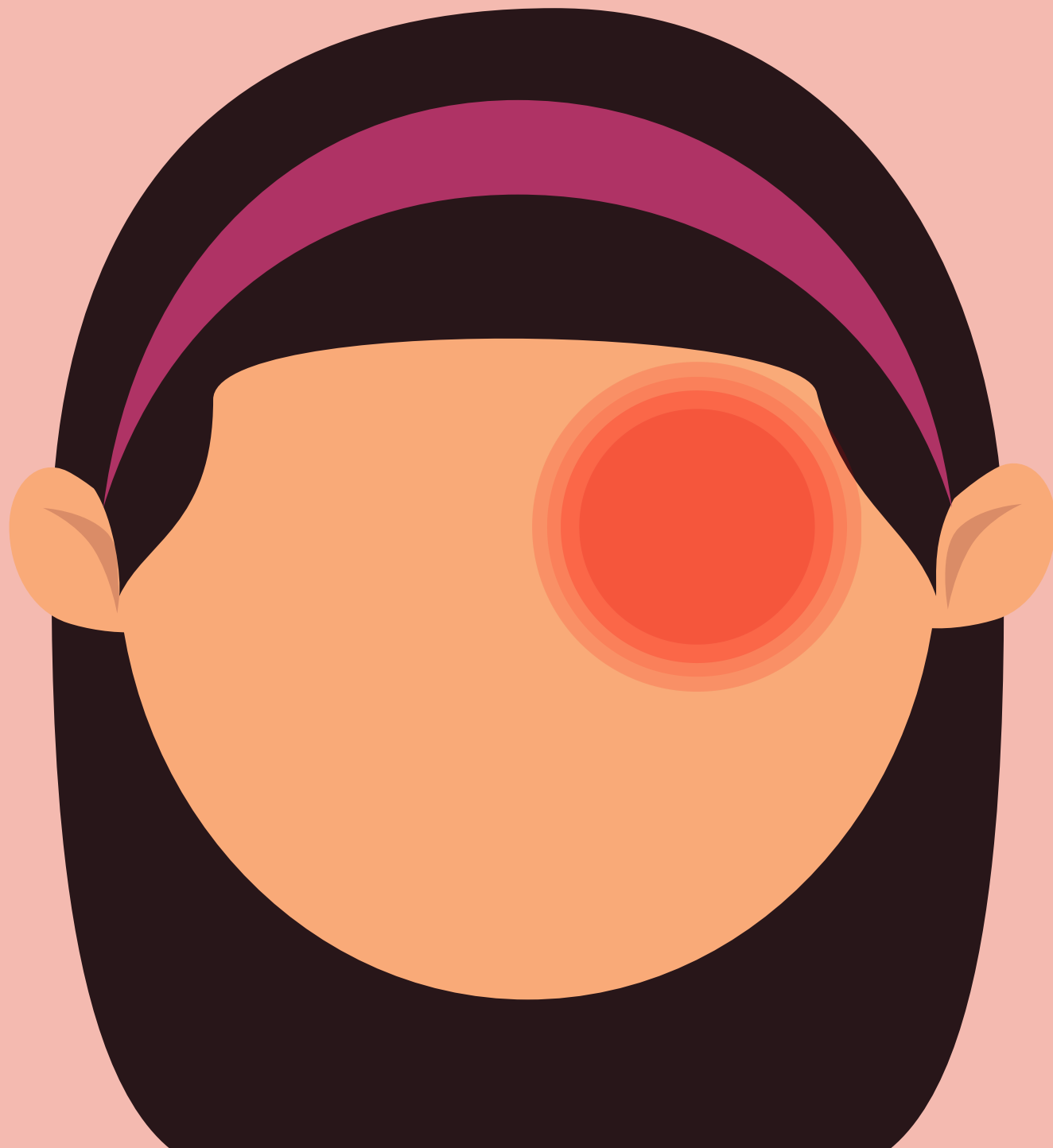


FOR THOSE WHO MOVE

Cervicogenic Headaches

Location:	from neck to front of head (typically unilateral)
Quality:	variable , non-pulsatile
Intensity:	varying
Effect on Activities:	worsened by neck movement or sustained awkward head positioning
Other Symptoms:	neck range of motion reduced, symptoms worsened by pressing neck muscles/head movement, may have less severe migrainous features
Duration:	varying, temporal relation to onset of cervical disorder/pain

Cluster Headaches



FOR THOSE WHO MOVE

Cluster Headaches

Location:	unilateral around eye, above eye, along the side of the head/face
Quality:	variable (sharp, boring, burning, throbbing, tightening)
Intensity:	severe or very severe
Effect on Activities:	restlessness or agitation
Other Symptoms:	red and/or watery eye, nasal congestion and/or runny nose, swollen eyelid, face sweating, contracted pupil/droop eyelid
Duration:	15–180 min

Tension-Type Headaches



FOR THOSE WHO MOVE

Tension-Type Headaches

Location:	bilateral
Quality:	pressing/tightening (non-pulsating)
Intensity:	mild-moderate
Effect on Activities:	not aggravated by activities of daily living
Other Symptoms:	none
Duration:	30 min-continuous

Migraine Headaches



FOR THOSE WHO MOVE

Migraine Headaches

Location:	bilateral or unilateral
Quality:	pulsating (can be throbbing/banging)
Intensity:	moderate-severe
Activities:	aggravated by activities of dailing living
Other Symptoms:	unusual sensitivity to light and/or sound, or nausea and/or vomiting
Aura:	with or without headache, fully reversible, develops over 5 min, lasting 5-60 min (typically flickering, spots, lines, loss of vision, numbness, pins/needles, speech disturbances)
Duration:	15-180 min