

S&E Center Regenerative Modalities Programs

Upper Cervical /Cervicogenic Headache

Thank you for considering **Spine & Extremities Center** for your care. This document is for general informational purposes regarding common issues and questions for patients who have upper neck pain, often with associated tension headaches because of this pain or stiffness. This is referred to as a "cervicogenic headache", meaning a headache which has its origin in cervical spine dysfunction.

"Typical" History

Patients in these programs may have had chiropractic care or physical therapy in the past with some success but have off and on recurrent episodes. Their x-rays often show no significant findings in their neck or back, but may have degenerative disk disease, facet/joint arthritis, and cervical "spondylosis". Patients have neck pain and/or stiffness. Often this neck pain results in a tension headache (cervicogenic).

Offered Services

Our program is a combination of our regenerative advanced treatment modalities of **Shockwave and Class IV Medical Laser Therapy**. Cervical spinal decompression may be used on a diagnostic trial basis for patients with certain conditions that may respond favorably, and a cervical/thoracic program may be more appropriate for patients whose issues involve lower cervical/upper back dysfunction or have degenerative disk disease.



SPINE & EXTREMITIES CENTER

- This program is primarily used in patients who have upper neck pain and/or cervicogenic headaches not fully responsive to physical therapy, chiropractic, or massage.
- OMT and/or chiropractic spinal manipulation can be added into the program in addition to the modalities if clinically indicated by examination and patient preference. Typically, however, this is performed on the initial visit and not during the eight week session as we allow the soft-tissues to heal.
- **Six sessions** are performed using a combination of *Shockwave and Class IV Medical Laser* depending on your specific condition, progress, and feedback. Initial treatment is to be completed in 8 weeks.
- The initial visit will help determine if this more focused program is right for you, or if a cervical decompression or a combined cervical and upper thoracic program would be more beneficial.



Program Fee (not covered by insurance): **\$595**

Patients often have continued improvement in their symptoms for several months after the final session. Although most patients feel a decreased incidence of headache, decreased stiffness and increased range of motion in the cervical spine, and improved function during the program, our treatments are also initiating a regenerative process and it takes time for the body to fully repair the chronically damaged tissue.

