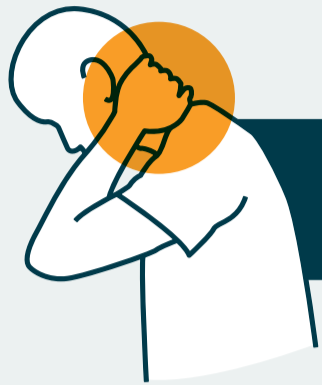


Neck pain and migraine: a cross-sectional, single-blinded study



Neck pain is a common symptom of migraine, more frequent than nausea and highly predictive of migraine onset.



Yet neck pain may be part of migraine symptomology and not from a local cervical source.

Researchers set out to determine



- how frequently neck pain associated with migraine presents with a pattern of cervical musculoskeletal dysfunction akin to cervical musculoskeletal disorders



- if pain hypersensitivity impacts on cervical musculoskeletal function in persons with migraine.

177 participants were assessed



Migraine

- 110 with neck pain
- 14 no neck pain



Cervical dysfunction

- 21 with idiopathic neck pain, no migraine



Control

- 32 healthy controls.

Two distinct clusters of cervical musculoskeletal function were found



- 76 of the individuals with migraine were clustered as having normal cervical musculoskeletal function 62 with neck pain and 14 without neck pain



- 48 with neck pain had cervical dysfunction comparable with a neck disorder.



Musculoskeletal dysfunction was not related to pain hypersensitivity or symptoms experienced during testing.

Conclusions



Skilled physical assessment is needed to identify actual cervical dysfunction in order to provide appropriate treatment. Interventions targeting cervical impairments may be more appropriate for individuals with identified cervical dysfunction.



Neck pain when present with migraine does not necessarily indicate the existence of cervical musculoskeletal dysfunction.

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