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Effectiveness of Spinal Manipulation in Cervicogenic Headache: A Scoping Review

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ABSTRACT

Millions of individuals throughout the world suffer from headache, which are common and incapacitating conditions that reduce productivity, cause severe discomfort, and impair quality of life. Although there are other choices for treatment, spinal manipulation has become a viable substitute. By critically assessing the body of research on spinal manipulation's efficacy in treating headache disorders. The aim of the review was to assess the efficacy of spinal manipulation in reducing cervicogenic headache frequency, severity, and duration. A literature search was conducted from PubMed, The Cochrane Library, and Google Scholar database from December 2000 to December 2024. The search utilised terms such as “headache,” “spinal manipulation” and “adult” employing Boolean operators (AND, OR). Articles in which spinal manipulation was treated in this review, non-English articles were excluded. A total of 1943 articles were found from different databases, out of which only six met the inclusion criteria. These studies suggest that spinal manipulation an effective treatment for reducing pain intensity, headache frequency, and headache duration in patients with headaches. The varying outcomes observed may suggest that patients with tension-type headaches, migraines, and cervicogenic headaches may find that spine manipulation is a useful treatment for lowering headache frequency, duration, and pain severity. The quality of the included research varied, and several had methodological problems, despite the encouraging data.

Keywords: Pain management, Quality of life, Tension-type headache