

# Analysing the Effect of Suboccipital Myofascial Release in Patients with Cervicogenic Headache

RISHIKA GURUNG<sup>1</sup>, APOORVA TIWARI<sup>2\*</sup>

## ABSTRACT

**Introduction:** A cervicogenic headache is characterised by unilateral neck pain that originates in the neck and is referred from the neck's soft tissues or bones. It is a frequent, recurring, persistent headache that typically begins with neck movement. It typically comes with a decreased neck range of motion. People between the ages of 30 and 44 are most likely to experience a cervicogenic headache. Its incidence among headache sufferers ranges from 0.4 to 4%. It could be mistaken for another main headache condition, such as a tension headache or migraine. Cervicogenic headaches can be effectively treated with manipulative therapy and therapeutic activity programs.

**Aim:** To elicit evidence for the effect of the suboccipital release technique in reducing cervicogenic headaches.

**Materials and Methods:** A systematic search was conducted across databases such as PubMed, Scopus and Google Scholar.

Keywords such as suboccipital release, physiotherapy, cranial base release, myofascial release, cervicogenic headache, secondary headache, treatment were used.

Six free full text articles were identified through PubMed and Google Scholar adhering to objective and inclusion criteria.

**Results:** Patients with cervicogenic headache showed a better improvement after going through suboccipital myofascial release technique than the conventional therapy. The result of this review provides evidence that suboccipital myofascial release has a significant positive effect on the improvement of cervicogenic headaches.

**Conclusion:** The result of this review provides evidence that the suboccipital myofascial release technique is helpful in releasing cervicogenic headaches.

**Keywords:** Suboccipital release, cranial base release, myofascial release, cervicogenic headache

## PARTICULARS OF CONTRIBUTORS:

- Postgraduate Student, Department of Physiotherapy, Sharda School of Allied Health Sciences, Sharda University, Greater Noida, Uttar Pradesh - 201306, India.
- Assistant Professor, Department of Physiotherapy, Sharda School of Allied Health Sciences, Sharda University, Uttar Pradesh – 201306, India.

## NAME, ADDRESS, E-MAIL ID OF THE CORRESPONDING AUTHOR:

\*Apoorva Tiwari

Assistant Professor, Department of Physiotherapy, Sharda School of Allied Health Sciences, Sharda University, Greater Noida, Uttar Pradesh -201306, India.

E-mail: apoorva.tiwari@sharda.ac.in