

The Effect Of Cervicogenic Headache On The Myoelectrical Activities Of Suboccipital Muscles ,Range Of Motion And Functional Activities Of The Neck At Different Ages

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Abstract

*Background:*Cervicogenic headache (CGH) represents a major health problem, aggravating quality of life(QOL) and work productivity. The suboccipital muscles (SOM) have been identified as playing a role in cervical pain, and are therefore a target for rehabilitation .

*Aim:*To asses the effect of CGH on myoelectrical activities of suboccipital muscles, functional activities and ROM of neck.

Subjects and Methods: thirty patients with CGH of both genders participated in this study.They were recruited from the out patient clinic of kasr elainy and thirty normal subjects ,their ages ranged from 18-55 years old .They were randomly assigned into 2 Experimental groups :group A(18-35years)-group B(36-55years) &2 Control groups:group C(18-35years)- group D(36-55years).Myoelectrical activities was measured by Natus nicoleet vikingquest to analyze the motor unit potentials by quantitative measures & neck range of motion was measured by Cervical Range of motion(CROM) device and functional activities of the neck was measured by Neck disability index(NDI).

*Results:*There wasnon significance increase in myoelectrical activities of the suboccipital muscles in cervicogenic patients than normal subjects with (P-value = 0.147).and there was statistical significant decrease in all ROM values and functional activities in cervicogenic patients than normal subjects in cervicogenic patients than normal subjects with (P-value<0.05)

Conclusion: this study provides sound evidence for SOM alterations in in myoelectrical activities in patients with CGH

Key wordsCervicogenic Headache - The suboccipital muscles - Electromyography - Neck disability index.