

# 頸性頭暈

## Cervicogenic Dizziness

### 頸性頭暈

#### 頸部的關節問題都可引起頭暈

當您轉動頭部時，您曾否偶爾感到頭暈？如果有，您可能患有頸性頭暈，即頭暈源於頸部的毛病。

頭暈是一種常見的毛病。在美國和英國，病發率分別約為25%及40%<sup>1</sup>。大部份人都以為他們的頭暈與視力、內耳功能或中樞神經毛病相關。較少人知道，頸部的關節問題，也可引起頭暈<sup>2</sup>。

#### 頭暈與頸有什麼關係呢？

研究發現，上頸部的關節毛病可能與頭暈有關。事實上，上頸椎和深層的頸部肌肉內，都有密集分佈了許多感受器，是為了維持身體的平衡和參與一些神經反射<sup>2</sup>。

因此，任何影響上頸部關節的因素，如創傷，都可擾亂這些神經反射，並引致頭暈。

#### 症狀

通常，急促地轉動頸部可引起頭暈或不穩，後枕和頸後通常都有壓痛，頸痛和頭暈可持續數天，甚至數月。頭暈也可伴有頭痛。

#### 治療

治療可因應頭暈的成因和患者的年紀而進行。對於患有中度頸性頭暈的五十歲患者來說，治療包括：

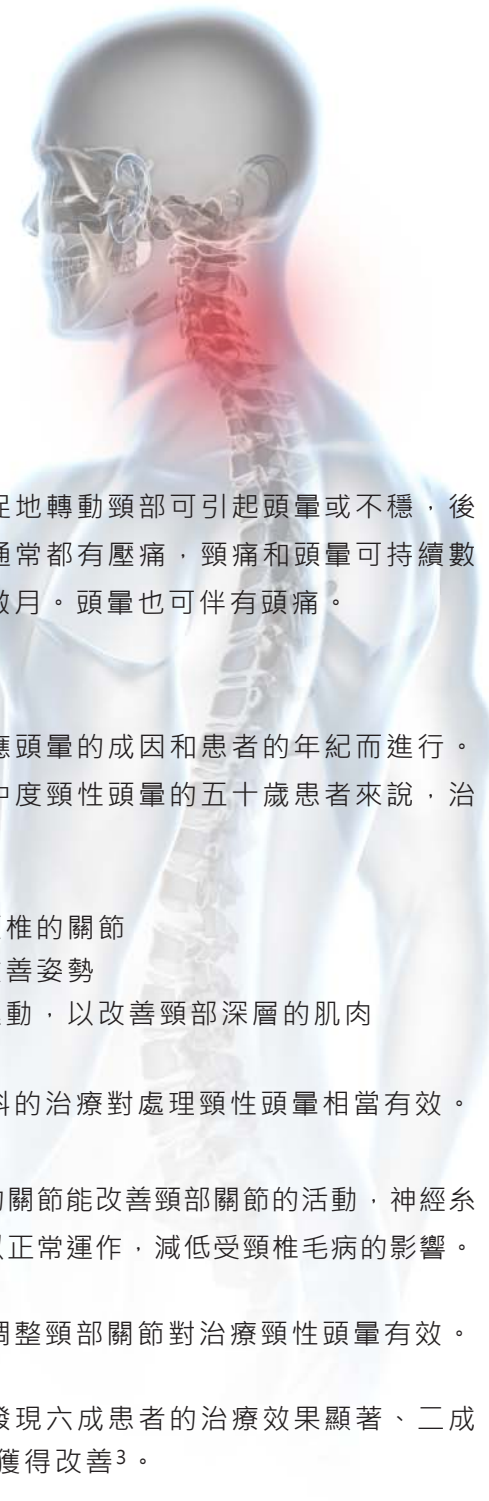
- 調整頸椎的關節
- 建議改善姿勢
- 復康運動，以改善頸部深層的肌肉

脊骨神經科的治療對處理頸性頭暈相當有效。

調整頸部的關節能改善頸部關節的活動，神經系統因而得以正常運作，減低受頸椎毛病的影響。

研究發現調整頸部關節對治療頸性頭暈有效。

一項研究發現六成患者的治療效果顯著、二成人則持續獲得改善<sup>3</sup>。



## 灣仔脊醫診所

(香港脊骨神經科醫學院基金有限公司營運)

### Wanchai Chiropractic Clinic

(Operated by Hong Kong Chiropractic College Foundation Ltd.)

地址：香港灣仔軒尼詩道8-12號中港大廈11樓

Address : 11/fl China Hong Kong Tower, 8-12 Hennessy Road,  
Wanchai, Hong Kong

Tel: 3998 3208 Fax: 3998 3222

## CERVICOGENIC DIZZINESS

articular changes in the cervical spine (neck) would also cause cervicogenic dizziness

Have you experienced a recurrent and episodic dizziness when you are moving your head to certain positions? If so, you may possibly suffer from a type of dizziness, which is known as cervicogenic dizziness.

Dizziness is a common and chronic complaint encountered in primary care such as chiropractic. In the United States and Britain, its prevalence is up to 25% and 40% respectively<sup>1</sup>. Most of the people believe that dizziness is mainly related to disorders involving the visual, auditory and central nervous systems. What is less known is that, articular changes in the cervical spine (neck) would also cause cervicogenic dizziness<sup>2</sup>.

### Neck and dizziness?

In fact, researches mentioned that articular changes of upper cervical spine (C1 and C2 segments) are possibly the cause of cervicogenic dizziness. Actually, upper cervical spine and deep cervical muscles contain high density of proprioceptors responsible for the sense of balance and participate in several reflexes<sup>2</sup>. Therefore, any factors, such as trauma, affecting the upper cervical spine articulation would cause disruption on these reflexes, finally resulting in dizziness.

### Symptoms

Generally, active and sudden neck movement would usually induce dizziness and unsteadiness. Muscle tenderness is often found in the neck and suboccipital muscles. Neck pain and dizziness may last for days to months. Patient can have headache and dizziness at the same time.

### Treatment

The treatment is based on the cause of the dizziness and the age of person. In a case of 50 year old person present with moderate cervicogenic dizziness, the treatment includes:

- Spinal manipulation of the upper neck
- Postural advice
- Rehabilitation exercise for deep neck muscle.

Chiropractic treatment is beneficial in the management of cervicogenic dizziness. In fact, spinal manipulation used by chiropractors can improve the gliding motion of the cervical spine. This will reduce the disturbance on the nervous system so that the latter can operate normally.

Researches supported the effectiveness of chiropractic treatment including spinal manipulation on the management of cervicogenic dizziness. In a study of effectiveness of chiropractic treatment on patient with cervicogenic dizziness, it showed that 60% of the patients showed an excellent improvement while 20% of the patients reported consistent improvement<sup>3</sup>.

#### REFERENCE

1. Yardley L et al. Prevalence and presentation of dizziness in a general practice community sample of working age people. British Journal of General Practice 1998, 48: 1131-1135
2. Lystad RP et al. Manual therapy with and without vestibular rehabilitation for cervicogenic dizziness: a systematic review. Chiropractic and Manual Therapies. 2011, 19:21
3. Bracher ESB et al. A combined approach for the treatment of cervical vertigo. Journal of manipulative and physiological therapeutics. 2000, 23(2): 96-100