



## Post-Whiplash Headache



### Overview

This is a chronic headache. It can develop after a whiplash injury (a violent back-and-forth jerking of the neck).

### Causes

The cause of post-whiplash headache is not fully understood. It may be related to damaged joints or discs in your neck. It may result from inflammation of ligaments and soft tissues. Doctors may not be able to identify a specific cause of your pain.

### Symptoms

You may develop this type of headache immediately after your injury, or it may develop later. Your headache may seem to start at the base of your skull and radiate up to your head. You may experience these headaches for years after your injury.

### Treatment

Treatment for post-whiplash headache may involve medications, physical therapy and other methods. Your healthcare provider can create a care plan that is right for your needs.