



Symptoms, Causes, and Treatment Methods of Occipital Neuralgia

Jung Sang*

Department of Anesthesiology and Pain Medicine, The Catholic University of Korea, Seoul, republic of Korea

DESCRIPTION

Occipital Neuralgia (ON) is a type of headache that is caused by occipital nerves damage. These nerves move from the top of the spinal cord through the scalp and can cause pain, tingling, or numbness in the back of the head, neck, and around the eyes. Although the actual cause of occipital neuralgia is unspecified, there are several factors that may contribute to its development, including trauma, inflammation, or underlying medical conditions. Occipital Neuralgia (ON) is a painful condition that affects the posterior head in the distributions functions of the Greater Occipital Nerve (GON), Lesser Occipital Nerve (LON), Third Occipital Nerve (TON), or a combination of the three. It is essential that healthcare professionals understand the diagnostic test and specific diagnostic methods for this condition.

Causes of occipital neuralgia

There are several factors that may contribute to the development of occipital neuralgia. One of the most common causes is trauma to the head or neck, for example, whiplash from a car accident. Other causes may include inflammation of the occipital nerves, such as from a viral infection or autoimmune disorder. Additionally, medical conditions such as diabetes, rheumatic, or tumors may also contribute to occipital neuralgia.

Symptoms of occipital neuralgia

The main symptom of occipital neuralgia is pain that is typically experienced on one or both sides of the head, usually in the back. This pain can be described as a sharp, shooting, or burning sensation, and may be accompanied by tingling or numbness in the back of the neck, head, and around the eyes.

Some people may also experience sensitivity to light or sound, as well as blurred vision or lightheadedness.

Diagnosis of occipital neuralgia

To diagnose occipital neuralgia, a doctor will typically conduct a physical assessment and examine each patient's medical history. Individuals may also require imaging studies, such as an MRI or CT scan, to diagnose out and other medical conditions. In some cases, a nerve block may be performed to determine if the occipital nerves are the source of the pain.

Treatment of occipital neuralgia

Occipital neuralgia is typically treated with a combination of medication and physical therapy. Pain relievers available at pharmacies such as acetaminophen or ibuprofen may be recommended to alleviate pain and inflammation. In some cases, prescription medications such as muscle relaxants, antidepressants, or antiepileptic drugs may be prescribed. Additionally, physical therapy may be recommended to help alleviate muscle tension and improve posture. In some cases, nerve blocks or radiofrequency ablation may be performed to alleviate pain and inflammation.

Trauma, inflammation, or underlying medical conditions all can cause occipital neuralgia; it is a type of headache. Pain, tingling, and numbness in the back of the head, neck, and around the eyes are some of the symptoms. A doctor may conduct a physical examination, imaging tests, and a nerve block to diagnose this condition. Treatment usually consists of a combination of medication and physical therapy, with nerve blocks or radiofrequency ablation utilized in some cases. Most people with occipital neuralgia can find relief from their symptoms with proper diagnosis and treatment.

Correspondence to: Jung Sang, Department of Anesthesiology and Pain Medicine, The Catholic University of Korea, Seoul, republic of Korea, E-mail: sang.j@gmail.com

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