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# Occipital Neuralgia

The occipital nerves are comprised of the greater and the lesser occipital nerves, which supply nerve connections to the head and scalp. They are located between the 2nd and 3rd vertebrae of the spine. Occipital Neuralgia is the disorder which results if either nerve is injured and the pain can be severe and debilitating. It is a difficult headache to diagnose due to the variety of potential associated signs and symptoms. The most common way to develop occipital neuralgia is direct trauma to the nerves, or whiplash. It can also be due degenerative changes, congenital anomalies, or other factors. The patterns of occipital neuralgia can be similar to those of other headaches. The pain is often described as burning, throbbing, aching or lancinating. The headache is almost always described as starting at the base of the head and radiating over the scalp or behind the eye socket. This type of headache can be unilateral or bilateral. The pain treatment doctors of Pain Specialists of Orange County can help you in the treatment and management of pain caused by Occipital Neuralgia.

## Treatment for Occipital Neuralgia

Any patient who believes that they may have occipital neuralgia should see a pain management specialist. Treatment options may include physical therapy, massage, acupuncture and heat. A number of different types of medications are also available. Often times occipital nerve blocks can be performed and for diagnostic purposes or for more immediate relief.

Our highly trained pain treatment physicians care about improving your pain and quality of life. For more information on how Pain Specialists of Orange County can help treat your Occipital Neuralgia, please contact us at 949-297-3838.