

THE SOURCE TEST

Three checks. Two minutes. Find out if your headaches are coming from your neck.

YOUR SCAN WAS CLEAR. HERE'S WHY.

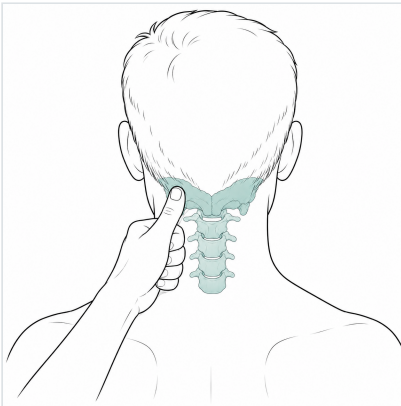
The upper neck doesn't show up on imaging. A scan photographs structure. What goes wrong up there is function, how the joints and muscles are working.

So you get sent to a neurologist who looks at your brain, or a dentist who looks at your teeth. Nobody assesses the structure sitting between them.

"We didn't find anything" is not the same as "there's nothing there."

01

HOLD 30 SEC



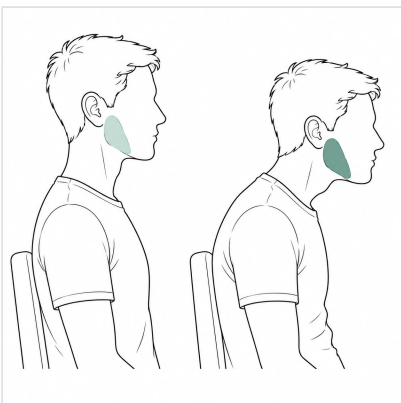
Press firmly at the base of your skull, an inch off centre, on your usual headache side. Hold 30 seconds.

YES IF

The pain spreads. Behind the eye, the temple, the forehead. Not just soreness. Spreading.

02

TWO POSITIONS



CHIN TUCKED

HEAD FORWARD

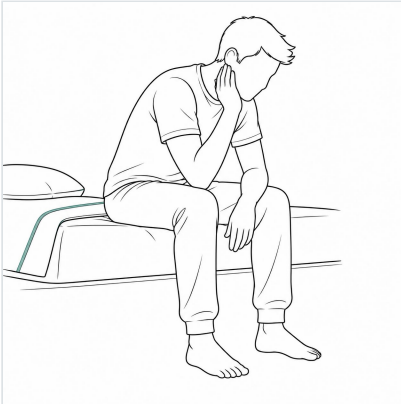
Tuck your chin. Clench your teeth gently five times.

Let your head drift forward into desk posture. Clench five more.

YES IF

The second set feels heavier or tighter than the first.

03 LAST TWO WEEKS



Think about the last two weeks, not last night.

YES IF It's there or building most mornings, and worse after heavy desk or driving days.

YOUR RESULT

NOTHING HERE IS A DIAGNOSIS.

2-3 There's very likely a neck component driving this. It doesn't rule out migraine. It means there's a layer nobody has assessed.

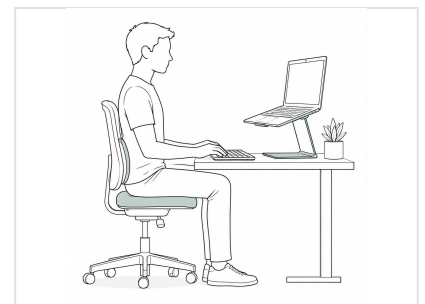
1 Unclear. Worth assessing properly rather than guessing.

0 Probably something else. Keep working with your doctor.

ONE THING TO CHANGE THIS WEEK

Raise your screen so the top is at eye level.

If you look down all day, the deep muscles at the top of your neck hold your head against gravity for eight hours. This doesn't fix it. It removes some of what keeps reloading it.



GOT 2 OR 3?

The next step isn't a stretch off YouTube. It's an assessment of the upper neck and jaw. About an hour. An actual answer instead of another thing ruled out.

BOOK A CALL →

fixurmotion.com/headache-program