



Chiropractic Rounds

Department of Family Medicine
Division of Chiropractic

Tuesday, September 23rd, 2025
Webinar 6:30-7:30pm

All are invited to join

HEADACHES AND MIGRAINES: IDENTIFYING CERVICOGENIC COMPONENTS THROUGH PHYSICAL EXAMINATION AND EFFECTIVE TREATMENT STRATEGIES

Presenter:

Dr. Joelle Nadeau, MSc, PhD, DC

Dr. Joelle Nadeau, MSc, PhD, DC is a chiropractor with special interests in headaches and migraines, peripheral neuropathies and chronic pain. She currently practices in Saskatoon, Saskatchewan within an integrative health collective with 14 other practitioners. Her Master's degree investigated the role of glial cells in neuropathic pain mechanisms and her Doctoral thesis evaluated the peripheral nerve regeneration potential of various therapies including acute intermittent hypoxia and electrical stimulation, which are now being investigated at the clinical level for multiple sclerosis and nerve injuries. Her work has been published in *Experimental Neurology*, *European Journal of Neuroscience* and *Glia*.

On any given day, 15.8% of the global population reportedly has headache, 7.0% migraine, 8.7% tension-type headache and 2.5% chronic headache lasting over 15 days. It is reported that 15-20% of headaches are uniquely cervicogenic in nature however, there is significant overlap of signs, involved structures and symptoms between these headache types. This variability has lead to an incorrect diagnosis in up to ~50% of cases and, as a result, unsuitable treatment options made available to patients. In this presentation, we will review the structural intricacies of the upper body, neck and head as possible etiologies of headache and migraine symptoms, screening tools to identify cervicogenic involvement and interventions currently available to address these contributing factors.

Participants will need to sign up at the link below and then once they have registered, they will receive a link to access the webinar on September 23rd at 6:30pm.



<https://us02web.zoom.us/meeting/register/Mj8kqyAcRC-xmCOB5TLHPw>



Chiropractors'
Association of
Saskatchewan