



FREE CLINICAL SELF-ASSESSMENT

The Desk Worker's Neck Health Checklist

Is your “Headache” actually a Neck Problem?

This checklist is designed for professionals in Winnipeg who spend significant time at a desk and experience recurring headaches. While this is not a medical diagnosis, these patterns are common hallmarks of Cervicogenic Headaches — headaches referred from the cervical spine.



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PART 1

The Pain Pattern

Check any that apply to you:

- ☐ **The “Long Sit” Pattern:** My headache worsens after prolonged periods in one position — for example, hours at a computer or driving.
- ☐ **The One-Sided Shift:** My pain is predominantly on one side of my head rather than a “tight band” around the whole thing.
- ☐ **The Origin Point:** The pain often starts at the base of my skull or the top of my neck and radiates forward toward my eye or temple.
- ☐ **The Stiff Neck:** I feel a significant lack of mobility when turning my head to check my blind spot while driving or looking over my shoulder.
- ☐ **The Pressure Point:** When I press firmly into the muscles at the base of my skull, it recreates my usual headache sensation.

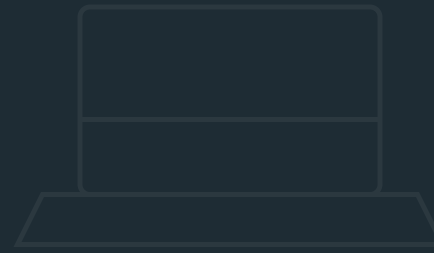
WHY THIS MATTERS

Most people treat the head because that's where the pain shows up. But if your pattern matches the cervicogenic profile, the primary source of the problem is in the joints and muscles of your upper neck, even though the pain is felt in your head.

PART 2

The Ergonomic Trigger

Check any that apply to your workstation:



These factors can contribute to multiple types of headache, but they are especially relevant if your Part 1 pattern points toward a cervical source.

- ☐ **The “Laptop Lean”:** I spend more than 4 hours a day looking down at a laptop screen without a separate monitor/keyboard.
- ☐ **The Monitor Gap:** My screen is positioned too low, forcing me to tilt my chin down to read.
- ☐ **The Shoulder Shrug:** I notice my shoulders are hunched up toward my ears by the end of the day.
- ☐ **The Phone Slump:** I spend significant time scrolling on a smartphone during breaks, with my head tilted forward.

QUICK FIX

Raise your screen so the top third sits at eye level, and bring your keyboard close enough that your elbows stay at your sides. Small shifts in setup add up to hours less strain on your neck every single day.

YOUR RESULTS

What does this mean?

● 0–2 CHECKS

You may have general tension or stress-related headaches. Maintaining good posture and hydration is key.



● 3–5 CHECKS

There is a strong possibility that your headaches are “referred pain” coming from the upper cervical spine (C1–C3). This means treating the head with painkillers is only masking the symptom, while the source — the neck — remains untreated.



● 6+ CHECKS

Your pattern shares several features commonly seen in cervicogenic headache. A hands-on clinical assessment is the best next step to determine whether your neck is the source.



Whatever your score, the pattern matters more than the number. **Turn the page** to see the one shift that actually addresses the source — not just the symptom.

YOUR NEXT STEP

Ready to Find the Source?

If you checked several boxes in Part 1 and Part 2, medication alone may not fully resolve your headaches, because it isn't addressing the mechanical source that could be driving them.

SYMPTOM
MANAGEMENT



SOURCE
RESOLUTION



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Ready to find the source? Let's get you back to 100% focus.

BOOK YOUR ASSESSMENT

Reply **'BOOK'** to my DM, or visit drnotley.com to schedule your Cervicogenic Assessment.



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Disclaimer: This checklist is for educational purposes only and does not replace a professional clinical assessment. Always consult with a licensed healthcare provider before attempting new exercises or treatments.