A paramastoid process represents an anomalous congenital bony bar that arises off of the occiput and is directed toward the lateral mass of C1. It usually forms an accessory articulation with C1 but sometimes it may result in a complete bony fusion. Paramastoid processes rarely cause symptoms. However, manual adjusting of the occiput-C2 should be avoided. There is a very slight predisposition to brain stem alterations. If unusual neurologic signs or headache patterns are present, an MRI would be in order.