

Assessment and Management of Cervicogenic Headaches

Mr Toby Hall MSc FACP

Senior Teaching Fellow (University of Western Australia), Visiting Lecturer (Trinity College, University of Dublin), Director- manual Concepts, Perth, Western Australia, Australia

Dr Ina Diener PhD Specialist Physiotherapist

Senior lecturer- University of Stellenbosch and University of Western Cape – Masters course in Orthopaedic Manual Therapy, Western Cape, South Africa

Presenters

Toby Hall qualified as physiotherapist in 1985. He completed a post grad diploma in manipulative therapy at Curtin University in 1990 and an MSc by thesis in 1996. He is currently enrolled in a PhD at the same university. He has recently been awarded a Fellowship of the Australian College of Physiotherapists. Toby has lectured extensively in manual therapy within Australia as well as many overseas countries. He has presented at many conferences, published several book chapters and published more than 30 articles relating to neural tissue dysfunction, cervicogenic headache and the Mulligan Concept. He is on the international advisory panel of Manual Therapy Journal and is an associate editor for the Journal of Manual and Manipulative Therapy. His research interest are cervicogenic headache, the Mulligan Concept and management of neural tissue pain disorders.

Dr Ina Diener was born and bred in South Africa. She qualified as physiotherapist at the University of Stellenbosch, and completed her PhD at the University of the Western Cape in 2003, with a research study on: 'Measurement of severity and impact of chronic recurrent headache – a Multidimensional Instrument'. Dr Diener is in private practice, treating mostly longstanding pain conditions, including frequent intermittent headache. She teaches part-time at the universities of Stellenbosch and Western Cape - to the master students in the OMT field, where she has been study leader for many master theses in the musculoskeletal field.

Ina is the chairperson of the South African Society of Physiotherapists' Portfolio of Quality Improvement, facilitating evidence-based practice in all fields of the profession. Dr Diener has presented several papers in the field of headaches at national as well as international congresses

Course Outcomes

At the end of the course the attendants should have a better understanding [and practical experience where applicable] of:

- The biomechanics and functional anatomy of the upper cervical spine
- The International Headache Classification and the most prevalent recurrent headaches
- The mechanism of cervical/cervicogenic headaches
- The clinical picture of a cervicogenic headache
- The interview and physical examination of a patient complaining of headaches related to neuro-musculoskeletal dysfunction
- Manual physiotherapy treatment techniques for the neuro-musculoskeletal structures found to be responsible for the pain, or predisposing the problem
- A biopsychosocial approach in assessment and management of the chronic headache sufferer
- An evidence-based approach to reliability/validity of assessment and treatment techniques

Fee: £245 by cheque, payable to 'Health Education Seminars' (includes refreshments, buffet lunch, course manual and CPD certificate of attendance - 15hrs). VAT increase from January 1st 2010.

Course Timetable

Day 1 - Thursday 7th May 2009	
08.30 - 09.00	Introduction and Classification of Headaches.
09.00 - 10.30	Functional limitation and participation restriction caused by chronic headache Applied anatomy, bio-mechanics and neuro-physiology of Cx HA Surface anatomy and palpation of joints and muscles - PRACTICAL.
10.30 - 11.00	Interview / Subjective examination – Clinical reasoning and hypotheses Red flags and yellow flags.
11.00 - 11.15	Break
11.15 - 13.00	Physical examination: [PRACTICAL] Muscles – Myofascial dysfunction & Control. Kinaesthesia. I
13.00 - 13.45	Lunch
13.45 - 17.15	Physical examination: [PRACTICAL] Joints (Plane movement, upper Cx combined movement, palpation in combined positions, PPVIM). Neural sensitivity
Day 2 - Friday 8th May 2008	
08.30 - 09.15	Summary & interpretation of PE: Clinical reasoning and Hypothesis.
09.15 - 10.00	Principles of management: Referral; Treatment; Rehabilitation; Prevention. Management: Short and long term.
10.00 - 11.00	Theory and Practical: Upper Cx Joints (combined movement – PAIVM, Mulligan, physiological techniques.
11.00 - 11.15	Break
11.15 - 13.00	Theory and Practical: Upper Cx Joints (cont)
13.00 - 13.45	Lunch
13.45 - 14.45	Theory and Practical: Neural tissues.
14.45 - 15.15	Theory and practical: Myofascial dysfunction.
15.15 - 15.30	Break
15.30 - 16.45	Introduction to recruitment of deep stabilizing muscles and rehabilitation of cervical and shoulder girdle movement patterns.
16.45 - 17.15	Other techniques. Discussion.

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