



### Clinical Reasoning for Manual Therapy Management of Tension-Type and Cervicogenic Headache

**Track:** Orthopedics

**Date:** Saturday, February 20, 2016

**Time:** 11:00 AM - 1:00 PM

**Location:** Anaheim Convention Center

**Room:** Ballroom A

**Speaker(s):** [Josh Cleland, PT, PhD, OCS, FAAOMPT](#)  
[Carol Courtney, PT, PhD](#)  
[Cesar Fernández de las Peñas, PT, MSc, PhD](#)  
[Emilio "Louie" Puentedura, PT, PhD, DPT, OCS, FAAOMPT](#)

**Session Type:** Educational Sessions

**Session Level:** Intermediate

#### Description:

Current scientific evidence supports the role of manual therapies in the management of tension-type and cervicogenic headache, but the results are still conflicting. It may be that not all manual therapies are appropriate for all types of headaches or that not all patients with headache will benefit from manual therapies. Preliminary data suggests that patients with a lower degree of sensitization will benefit to a greater extent from manual therapies. In fact, there is evidence demonstrating the presence of peripheral and central sensitization in chronic headaches, particularly in tension-type headache. Clinical management of patients with headache needs to extend beyond local tissue-based pathology, to incorporate strategies directed at normalizing central nervous system sensitivity. This session will outline some examples of manual therapies for tension-type and cervicogenic headache, based on a nociceptive pain rationale, for modulating central nervous system hypersensitivity: trigger point therapy, joint mobilization, joint manipulation, exercise, and cognitive pain approaches.

#### Learning Objectives:

1. Recognize the different clinical presentation of various headache types.
2. Correlate clinical headache presentation with potential pain mechanisms.
3. Describe the effectiveness of physical therapy in the management of tension-type headache.
4. Discuss the effectiveness of physical therapy in the management of cervicogenic headache.

**CEU:** 0.2

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