

## **“Current Concepts in Cervicocephalic Pain: Cervical Spine and Headache”**

### ***Course Description:***

This course will define cervicocephalic pain primarily as it relates to diagnosis and treatment via non-pharmacologic means. Focus will be placed upon the identification of cervicocephalic pain as it exists among the constellation of other potential headache disorder etiologies. To that end, an exploration of the ICHD-3 Beta edition (International Classification of Headache Disorders, version 3) will be provided. A practical examination of the relevant anatomy, physiology, neurophysiology and pathophysiology of the cervicocephalic system is presented as related to enabling a thorough clinical examination. A brief consideration of TMD as a potential contributor to HA will also be presented. The examination process itself including the basic clinical examination, special tests, imaging, and differential diagnosis are presented in detail so clinicians will be able to better recognize and treat the primary variations of cervicocephalic pain. A review of the options for conservative management will be provided with specific attention given to manual therapy intervention. And finally, an overview of medical management (including the most relevant and common pharmacological interventions) is discussed as it pertains to furnishing the practicing clinician with a working knowledge of alternative treatment options.

***Course Objectives:*** Through a combination of lecture and lab, participants will

1. Understand the ICHD-3, Beta Edition, for the identification and classification of headache disorders.
2. Describe the normal anatomy and biomechanics of the cervical spine, especially as it relates to the production of cervicocephalic pain.
3. Appreciate the pathophysiology and neurophysiology of the primary and secondary headache disorders.
4. Comprehend the role of the Trigeminocervical Complex in the generation and modulation of cervicocephalic pain.
5. Explain the role of cervical dysfunction in headache disorders in relationship to migraine, tension-type headache, trigeminal autonomic cephalgias and other primary headache disorders.
6. Conduct a thorough patient evaluation including history, clinical examination and differential diagnosis.

7. Utilize the most well validated outcome tools for the quantification and qualification of headache patients.
8. Develop appropriate plans of care for each of the primary headache disorders.
9. Understand the role of the physical therapist in conjunction with other medical specialties including the primary care physician, neurologist and pain management specialist.
10. Understand the basic pharmacology behind the most commonly used medications employed in the management of headache.
11. Demonstrate performance of an upper cervical spine mobility and provocation exam.
12. Demonstrate performance of upper cervical spine ligamentous testing.
13. Understand the pathoanatomy regarding upper cervical instability in traumatic onset cervicocephalic pain.
14. Demonstrate performance of joint mobilizations for the C0-C7 segments.
15. Demonstrate performance of soft tissue techniques for the treatment of cervicocephalic pain.

**Instructor:** Eric Cedor, BA, DPT, ScD, COMT

***Biography:***

Eric graduated from Louisiana State University's School of Allied Health with a master's degree in physical therapy in 2006. He went on to acquire a doctorate in physical therapy from the University of Mississippi, followed by a certification in manual therapy of the spine through IAOM-US in conjunction with his acquisition of a doctorate of science degree through the Health Sciences Center at Texas Tech University. He currently maintains an extensive outpatient practice while serving as director of an orthopedic physical therapy clinic in Covington, Louisiana. In addition, Eric is an adjunct faculty member who regularly lectures for both the physical therapy and dental schools within both the LSU and Emory health science systems.

**Level:** Introductory - Intermediate

**Time ordered agenda:**

**a. Day One:**

7:30 am      Registration Opens

8:00 am	<b>Lecture:</b> Epidemiology & Etiology of Headache – The ICHD-3
9:30 am	<b>Lecture:</b> Pathomechanics of the Cervical Spine and Headache
10:15 am	Class Discussion/Break
10:30 pm	<b>Lab:</b> Surface Anatomy of the Cervicocephalic System
11:15 pm	<b>Lecture:</b> Cervicogenic HA, Cervicogenic Dizziness and TMJ
12:00 pm	Lunch
1:00 pm	<b>Lecture/Lab:</b> Basic Clinical Examination of the Cervicocephalic System
2:45 pm	Class Discussion/Break
3:00 pm	<b>Lecture/Lab:</b> Upper Cervical Evaluation, Segmental Mobility Testing and Additional Special Tests
5:00 pm	Adjourn

**b. Day Two:**

8:00 am	<b>Lecture:</b> Differential Diagnosis – Interpretation of the Basic Clinical Examination
9:00 am	<b>Lecture/Lab:</b> Soft Tissue Management and Orthopedic Manual Therapy of the Cervicocephalic System
10:30 am	<b>Lecture/Lab:</b> Pharmacologic Management of Headache
12:00 pm	Mock Clinics - Case Studies/Lunch
1:00 pm	Adjourn

**Date:** TBA

**CEU Hours:** 13.0

**Audience:** PTs, PTAs, OTs, OTAs

**REQUIRED COURSE MATERIALS (for instructor and participants):** It is recommended that participants bring a copy of "Gray's Atlas of Human Anatomy," "Netter's Atlas of Human Anatomy" and/or comparable text for reference (although the presenter's lectures will include slides with illustrations).

**COURSE ENROLLMENT CAP: 30-40**

**SPECIAL ROOM SETUP:** Optimal set-up would include high-low tables set up in a horizontal manner for participants to utilize as desks for the lecture portions of the course and as examination/treatment tables for the lab portions of the course.