

Cervicogenic Causes of Headaches and Orofacial Pain:
The Sub-Occipital Connection - Comprehensive Evaluation & Treatment
Module I Day One

- 7:00-7:45: **Registration and continental breakfast.**
- 7:45-8:00: **Introduction**
- 8:00-8:30: **Lecture/Demo:** Neuro-musculo-skeletal anatomy of the sub-occipital spine, calvarium, facial skeleton and temporomandibular complex.
- 8:30-10:00: **Lecture:** The classification of craniofacial pain and dysfunction is not straight forward. Initial overview of the etiology, epidemiology, gender, postural, structural and ergonomic factors relative to the delineation of cranial, orofacial, sinus, tooth/gingival, TMJ, sub-occipital, cervical and shoulder girdle pain from and to each structure with clinical implications.
- 10:00-10:15: **Break**
- 10:15-11:15: **The Critical FIRST VISIT:** Have you allotted enough time to perform a comprehensive initial evaluation? Case Presentation: Comparison of an easy acute patient with a short history vs the chronic patient with a long Multi-factorial history of pain and dysfunction. My constantly evolving comprehensive evaluation template, which is the foundation of this course (Page I).
- 11:15-12:15: **Demonstration & Workshop I:** Critical components of the cervical-shoulder girdle (upper ¼) assessment and its necessity to perform prior to evaluating the temporomandibular complex.
- 12:15-1:15: **Lunch**
- 1:15-3:15: **Workshop II: Initiation of the comprehensive treatment program: Commencing with a brief demonstration of a manual therapy paradigm.** Proper sequencing of manual techniques (Trager, myofascial release, joint mobilization, sub-occipital traction and therapeutic exercise) for the sub-occipital, cervical and shoulder girdle region in supine. Manual reduction of upper cervical disc bulge/HNP. Gravity assisted relaxation/positioning, therapeutic exercise and mechanical sub-occipital traction techniques for clinic and home.
- 3:15-3:30: **Break**
- 3:30-4:30: **Lecture: Headaches I:** Differentiation and the relationship of muscular (tension-type), headaches, occipital neuralgia, temporal arteritis, Arnold-Chiari, Barre –Lieou, dural, cervicolingual, temporomandibular etiology. Red Flags. The importance of co-morbidity and associated symptomatology: Dizziness, nausea, lightheadedness, GI Bloating/reflux, hyperacidity, diurnal & nocturnal parafunction (bruxism), etc.
- 4:30-6:00: **Workshop III:** Manual myofascial release, joint mobilization and therapeutic exercise techniques specific to the sub-occipital, cervical and shoulder girdle regions in prone.