

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

- 7:15-8:00: **Continental breakfast.**
- 8:00-9:00: **Interactive Discussion:** Case presentation by instructor with class participation to delineate diagnostic impressions, treatment goals, recommendations and therapeutic paradigm.
- 9:00-10:00: **Lecture Headaches II:** Differentiation of headaches and craniofacial pain syndromes of vascular (common vs classic Migraine), cluster, neuralgic (Trigeminal, glossopharyngeal, hypoglossal, vagal and other autonomic syndromes). Therapeutic considerations.
- 10:00-10:15: **Break**
- 10:15-11:00: **Workshop IV:** Manual cervical joint mobilization and therapeutic exercise techniques in the upright position.
- 11:00-12:00: **Lecture:** Myofascial Pain: Neurophysiological and clinical concepts of trigger points and myofascial taut bands. The anatomical relationship of acupuncture, motor & trigger points to the peripheral and spinal neuroanatomy. Adjunctive role of diagnostic-therapeutic injections and intramuscular manual therapy/dry needling, specific to the release of taut bands and trigger point de-activation. Logical sequencing and incorporation into the therapeutic paradigms. Augmentation with cold laser and electrical stimulation. Demonstration of dry needling to the upper trapezius and sternocleidomastoid.
- 12:00-1:00: **Lunch**
- 1:00-1:30: **Lecture:** Overview of cranial anatomy and the craniosacral mechanism in relationship to headaches, TMD and orofacial pain. The adjunctive use of manual intra and extra-oral craniofacial release techniques.
- 1:30-2:30: **Workshop V:** Manual extra-oral mobilization/sutural release techniques for the calvarium.
- 4:15-4:45: **Lab-Demonstration:** Specific adjunctive techniques and devices to enhance carry-over of treatment benefit and prevent recurrence: Acupressure, electrical stimulation, Neck station, "Releaf" collar, postural corrective garments, ergonomic adaptations, reading – TV-laptop use in bed, home TENS, etc.
- 4:45-5:30: **Workshop VI:** Putting it all together: Practice of a complete upper ¼ treatment session for the patient with upper ¼ and craniofacial pain/dysfunction without a TMD component. Manual techniques, therapeutic exercise and progression of the home program. **Q & A session.**