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: Neuropathological 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.


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, "Relief" 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.