

FACULTY

William J. Hanney, PT, PhD, ATC/L, CSCS, MTC is a clinician, researcher and educator who currently serves as an instructor at the University of Central Florida School of Physical Therapy where he teaches and conducts clinical research. Additionally, he maintains a clinical practice at Brooks Rehabilitation. Dr. Hanney earned his undergraduate degree from the University of West Florida for studies in Sports Medicine/Athletic Training and his Master and Doctor of Physical Therapy degrees at the University of St. Augustine for Health Sciences. He recently earned his Ph.D. at Nova Southeastern University with research interests in the treatment of cervicogenic pain. His clinical practice focuses on the treatment of orthopedic conditions with a special interest in core stabilization and muscular control. He is an experienced educator, clinician and author having presented/published nationally in the areas of biomechanics, rehabilitation and sports medicine. Dr. Hanney maintains involvement in the APTA, the National Strength and Conditioning Association, The American Academy of Orthopedic Manual Physical Therapists and the National Athletic Trainers Association.

EDUCATIONAL CREDIT

A certificate of attendance for **15 Contact Hours** will be awarded to each participant. All Therapy Network Seminars are pre-approved for CEUs in the state where the course is conducted when required for **PT, OT AND ATs**.

Therapy Network, Inc. (BOC AP#: P2563) is approved by the Board of Certification, Inc. to provide continuing education to Certified Athletic Trainers. This program is eligible for a maximum of 15 Category A Category hours/CEUs. ATs should claim only those hours actually spent in the educational program.

AOTA Approved Provider of Continuing Education # 3073 *The assignment of AOTA CEUs does not imply endorsements of specific course content, products, or clinical procedures by AOTA*



Approved Provider

DATES AND LOCATIONS

Please contact us to host this course at your venue.

AUDIENCE

This is an *intermediate level* workshop for **PTs, PTAs, OTs, and ATs**.

NOTE: *Nothing in this course is to enable or permit the learner to apply techniques outside of the scope of practice in their individual state and discipline.*

CANCELLATION POLICY

POLICY: Registration fee less a \$75 administrative charge is refundable if cancellation received 14 days prior to program date. No refunds will be given after that time. Therapy Network, Inc. reserves the right to cancel a seminar and will refund in full the registration fee only. TNS is NOT liable for registrants non-refundable airfare, accommodations or fees.

TENSION-TYPE AND CERVICOGENIC HEADACHE

EVALUATION & TREATMENT
FACULTY

William J. Hanney
PT, PhD, ATC/L, MTC, CSCS



Therapy **NETWORK** SEMINARS

www.TNSeminars.com

OBJECTIVES

Define tension-type and cervicogenic headaches

Identify underlying pathophysiological and anatomical considerations in those with tension-type and cervicogenic headache

Identify current classifications systems for headaches

Identify and perform diagnostic clinical assessment techniques to identify the presence of tension-type or cervicogenic headache

Demonstrate treatment techniques based on the examination findings for those with tension-type or cervicogenic headache.

SEMINAR DESCRIPTION

Most people will report headache at some point in their life. While there are many types of headache conditions, tension-type and cervicogenic headaches are readily treated in physical therapy. Nearly 78% of people will report a tension type headache at least once in their lives and when including cervicogenic headaches this number is undoubtedly higher. Currently there is considerable evidence that describes these conditions and offers potential treatment options. This course will describe and define both tension-type and cervicogenic headache. Clinically relevant patho-physiology, and related anatomy will be covered as well as current approaches to diagnosis. Finally, a broad array of possible treatment interventions will be reviewed which will include both exercise and manual therapy. Upon the conclusion of this course the participant will understand the underlying mechanisms of tension type and cervicogenic headache and appropriate diagnostic techniques as well as multiple treatment options.

COURSE SCHEDULE

8:30 - INTRODUCTION

- Defining tension type and cervicogenic headache
- Epidemiology
- Medical approach to headache management

9:00 - PATHOPHYSIOLOGY of TENSION TYPE HEADACHE

- Peripheral vs central mechanisms
- Mechanisms of referred pain
- Neurophysiologic basis of trigger points
- Anatomical basis for headache

9:45 - PATHOPHYSIOLOGY OF CERVICOGENIC HEADACHE

- The trigeminal complex
- Central pain modulation and Motor impairment

10:30 - BREAK

10:45 - CLINICAL REASONING

- Location of pain & aggravating and easing factors
- Prognostic indicators and clinical prediction rules
- Red flags and outcome measures

12:00 - LUNCH

1:00 - PHYSICAL EXAM OF THE CERVICOTHORACIC SPINE

- Active movements
- Neurologic and Neurodynamic examination
- Passive intervertebral mobility assessment
- Motor control impairments

3:00 - BREAK

3:15 - IDENTIFICATION OF TRIGGER POINTS

- Reliability & Manual assessments

4:00 - EXAMINATION OF THE OROFACIAL REGION

- Temporomandibular disorders and the cervical spine
- Referral patterns

5:30 - Adjourn

Day 2

8:00 - JOINT MOBILIZATION/MANIPULATION FOR HEADACHE

- Basic principles and selecting techniques
- Cervical and thoracic techniques

9:45 - BREAK

10:00 - MUSCLE ENERGY TECHNIQUES FOR HEADACHE

- Principles and Precautions
- Muscle energy techniques

11:00 - MYOFASCIAL APPROACHES FOR HEADACHE

- Basic principles and selecting techniques
- Myofascial techniques

12:00 - LUNCH

1:00 - INTERVENTIONS FOR OROFACIAL PAIN

- Myofascial vs. arthrogenic approaches
- Types of temporomandibular disorders
- Interventions for orofacial pain

2:00 - BREAK

2:15 - THERAPEUTIC EXERCISE FOR HEADACHE

- Muscle impairment &
- Neurophysiologic effects of exercise

3:30 - NEURODYNAMIC INTERVENTIONS FOR HEADACHE

- Clinical neurobiomechanics in headache
- Neurodynamics in patients with headache
- Select neurodynamic interventions

4:30 - INTEGRATING CONCEPTS IN PATIENT MANAGEMENT

- Understanding the big picture
- Overlapping concepts and techniques
- Patient focus care

5:00 - Q/A and Adjourn

REGISTRATION

Cervicogenic Headache

Note the location you are attending:

✱

Bring a Buddy Registration: \$445 p/p

(No Deadline) Must be done simultaneously

Early Registration: \$495

Postmarked **30 days** prior to date of course

Late Registration: \$545

Postmarked within 30 days of course date

4 WAYS TO ENROLL

Mail registration and payment to:

BY MAIL

Therapy Network, Inc.

217 Paragon Pkwy, #201

Clyde, NC 28721

BY PHONE

1.828.452.0068

BY FAX

928.222.0578

(Credit Cards Only)

ON LINE

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Home Add: _____

City: _____ **State:** _____

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Make check/money order payable to:

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Charge my credit card: VISA MC AMEX DISC

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Expiration Date: _____ / _____ / _____ **CV2** _____

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I agree to comply with the card holder agreement