



**ManualMente**  
Formazione in Movimento

## Role of C<sub>1</sub>-C<sub>3</sub> Cervical Afferents in Cervicogenic and Primary Headache

THREE DAYS • INSTRUCTOR: Dean Watson, Pt, PhD, MAppSc. •  
Partecipanti: max 15

**ADMINISTRATIVE  
OFFICE**  
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### LOCATION

#### VARESE

Hotel Ibis Style  
via Fusinato 35

### DATES

**21, 22 and 23**

**May 2019**

#### TIME

8,30 - 17,30

### REGISTRATIONS

**TILL 21 March 2019**

**incluso:**

**€ 600,00 + VAT 22%**  
(€ 732,00 VAT included)

**FROM 22 March 2019**

**TILL 21 April 2019**

**included:**

**€ 650,00 + VAT 22%**  
(€ 793,00 VAT included)

**FROM 22 April 2019:**

**€ 700,00 + VAT 22%**  
(€ 854,00 VAT included)

### ECM CREDITS

**Not released**

### LANGUAGE

**ENGLISH**

### INTRODUCTION

In manual therapy circles, the concept of cervicogenic headache is universally accepted.

However to just consider cervicogenic headache i.e. a noxious disturbance in the upper cervical spine is interpreted as residing in trigeminal territory, does a disservice to the role of cervical afferents in primary (tension/migraine/cluster etc) headache conditions. This course challenges traditionally held beliefs and will change perspectives on the role of upper cervical afferents in primary headache.

This is a highly practical, interactive course is based on contemporary research, Dean's unparalleled clinical experience (see CV) and his groundbreaking PhD findings and focuses on the assessment (identification of) and management of cervicogenic headache and relevant cervicogenic dysfunction in primary headache.

The **subjective examination** of headache is arguably more important than in any other musculoskeletal condition for three reasons:

- in other musculoskeletal conditions there are reproducible objective signs which can be reassessed but this is not the case in headache – there is an increased reliance on the subjective features;
- recognition of the '**Red Flags**' – intracranial pathology; tumors (particularly in children) or a low volume slow leaking aneurysm which are misdiagnosed significantly – up to 60 per cent;
- Potential **instability** – it has been argued that at best, it is presumptive of us, and at worst dangerous, for us as manual therapists to be assessing the craniocervical ligamentous structures; the ability to recognise instability before you lay your hands on is crucial.

Research has demonstrated that cervicogenic dysfunction exists in different headache forms but is it relevant?

Dean has developed innovative examination techniques, which not only ascertain if cervicogenic dysfunction is relevant to primary headache conditions but can also determine which of the spinal segments or combination thereof is responsible. This diagnostic accuracy underpins successful management.

**Reproduction and lessening of headache** (as the technique is sustained) is crucial otherwise a false impression may be gained.

Reproduction with subsequent lessening of symptoms implies that upper cervical afferents are instrumental in the headache/ migraine condition and,

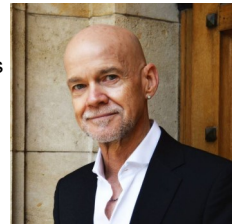
combined with knowledge of the relevant biomechanics and

recognition of clinical patterns, it is possible to determine at a segmental level the source of the headache during a headache free period.

Are you not confident using high velocity thrust techniques (HVTTs) in the upper cervical spine?

The treatment of relevant movement abnormalities **does not involve HVTTs**. This course will demonstrate assessment and treatment on participants with headache or migraine and also Dean examines unseen patients – this brings it all together and constitutes a superior learning experience.

The course also reviews the standard examination techniques of craniocervical stability (and the subjective features suggestive of potential instability). Dean's perspective is that traditionally taught tests are unnecessarily aggressive (even dangerous), perhaps stressing already vulnerable structures... there is no need to produce cardinal signs of cord compression to identify instability. Alternative, sophisticated testing, which is not reliant on cord compression and which minimise impact on possibly already compromised structures will be demonstrated and practised.



**15% DISCOUNT FOR AIFI, GTM-AIFI AND "CLINICA DEL MAL DI TESTA" FELLOWS**

### HOW TO REGISTER

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**Or proceed with online registration available on our website [www.manualmente.biz](http://www.manualmente.biz)**

**REGISTRATION FEE PAYMENT**

To participate it is necessary to proceed with a bank transfer address to:

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**DOCUMENTS**

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- Manualmente won't be responsible of the course cancellation in case it would have been due to force majeure, to the fact of not having reached enough participants, or other causes independent from its responsibility.
- The registration fee is independent from the ECM credits achievement.
- Manualmente can communicate eventual course cancellation till one week before the course, by letter, email, sms or fax.
- In this case Manualmente will totally refund the registration fee.
- Once registered, the person can quit the course, communicating it by written notification (evidence the date of communication receipt) by fax or email, maximum 30 days before the beginning of the course. In this case the whole registration fee will be given back to the student, minus bank expenses and secretary expenses, fixed as a forfeit in 50,00 euros. In case the cancellation will be received from the secretary later, the student must pay the whole registration fee.
- The registration deadline is established in 21 days before the beginning of the course. The registrations which will be received later, will be accepted with an increase of € 50,00 as secretary rights.
- In case the maximum number of participants will be exceeded, the first fifty will be accepted, and evidence will be the date of bank transfer.
- If only one point of the present regulations is not followed, it is good reason for the secretary not to accept the student, without any refund.

**WITH THE FOLLOWING FORM THE UNDERSIGNED:**

Surname \_\_\_\_\_

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Fax \_\_\_\_\_

E-mail \_\_\_\_\_@\_\_\_\_\_.

Self-certificating to be \_\_\_\_\_

**WISHES TO REGISTER AD THE COURSE Level 2 Consolidation Headache Course: 'Role of C1-C3 Cervical Afferents in Cerebral and Primary Headache', which be helded in VARESE the date: 21, 22 and 23 May 2019**  
**SIGNATURE** \_\_\_\_\_

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SIGNATURE