

Headaches are one of the most common debilitating conditions, leading to a poor quality of life with reduced daily function, limitation of social participation, and emotional distress. Cervicogenic Headaches, is the second most common type of headache, following migraines. The purpose of this course is to present the most recent literature supporting evidence based classification, examination, and physical therapy management for patients with cervicogenic headaches. The audience will learn the various classification types of headaches, and be able to apply all the examination and treatment of headaches to their clinical practice.

#### Learning Objectives:

Upon completion of this course:

1. The participant will understand the current evidence available on examination, evaluation, and treatment of cervicogenic headaches.
2. The participant will be able to correctly differentially diagnose headaches.
3. The participant will be able to identify the type of headache using the classification system for headaches.
4. The participant will be able to devise an appropriate treatment plan based on clinical examination and presentation of a patient presenting with a cervicogenic headache.
5. The participant will be able to medically screen and determine when to appropriately refer patients who present with a chief complaint of head and neck pain.
6. Identify those likely to benefit from various treatment approaches such as manual therapy and exercise.
7. Understand appropriate integrative treatment strategies using case based examples.

#### Key References:

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4. Fernandez-De-Las-Penas et al. Clinical Evaluation of Cervicogenic Headache: A Clinical perspective. *JMMT*; 16(2)81.
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14. Sobri et al. Red Flags in patients presenting with headache: clinical indications for neuroimaging. *The British Journal of Radiology*. 2003;76:532-535.
15. Zito, et al. Clinical tests of musculoskeletal dysfunction in the diagnosis of cervicogenic headache. *Manual Therapy*. 2006;11:118–129.

Speaker Credentials/ Bio:

Konstantina (Dina) Paschalides, DPT – Dina currently works in Trumbull, CT at Physical Therapy for Women, P.C. and in Fairfield, CT at Sport & Orthopaedic Physical Therapy, specializing in orthopaedics and women’s health. Dina also remains active within Sacred Heart University serving as a tutorial leader for the orthopaedic semester. Dina graduated from Hofstra University in 2003 with her Bachelors of Science in Exercise Science, obtained her Doctorate of Physical Therapy at Sacred Heart University in 2008, and completed the Orthopaedic Physical Therapy Residency Program at Sacred Heart University in 2009, with advanced training in examination and management of orthopaedic impairments.

Meghan Hyde, PT, DPT, ATC- Adjunct faculty Sacred Heart University Doctoral Program in Physical Therapy. Dr. Hyde graduated from Sacred Heart University in 2006 with a Bachelors of Science in Athletic Training and she completed her Doctorate in Physical Therapy at Sacred Heart University in 2009. Meghan is currently enrolled as an Orthopaedic Resident at Sacred Heart University Orthopaedic Physical Therapy Residency Program.

Adrian Miranda, DPT - Adrian graduated from Ithaca College in November 2007. He has worked as a physical therapist for Eastern Rehabilitation Network at Orthopedic Associates of Hartford in Farmington, CT and is currently enrolled as an Orthopaedic Resident at Sacred Heart University Orthopaedic Physical Therapy Residency Program. His interests in orthopedics include treating impairments associated with the shoulders and knees, post-operative management, and a subspecialty in dance medicine.