

Online course

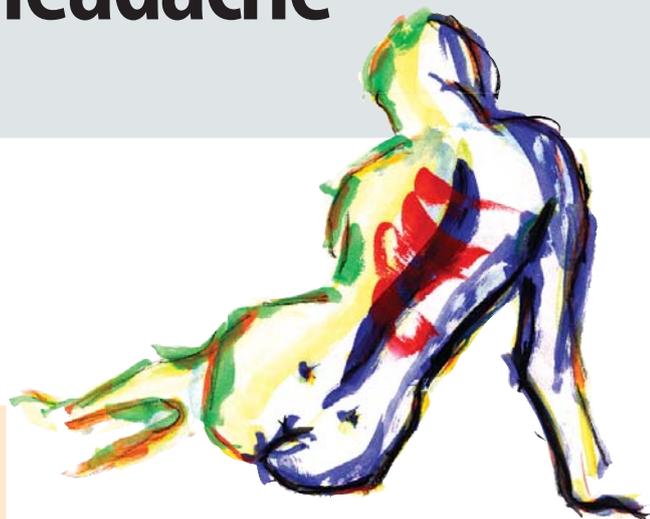
## Physical Treatment of Headache

6 presentations, video of practical elements, handouts, practice points to consolidate learning, multi choice quizzes, & extensive downloads of additional reading

### Introduction

This Online course presents a comprehensive approach to the evaluation and management of headache disorders suitable for physical treatment and forms module 2 of the Certificate in Spinal Manual Therapy. Of special interest will be evidence based clinical practice, emphasizing clinical examination, evaluation through clinical reasoning, differential diagnosis, & management. This course explores the available evidence regarding the use of manual therapy and exercise and presents a comprehensive examination process to enable individualized management combining MT & exercise. Consideration is also given to serious pathology associated with headache.

This Online course will be presented through 6 recorded lectures, with video of practical elements. Practice Points after each section have been designed to encourage implementation and deeper learning of the topics raised in the lecture and video presentations. Each section will be followed by a short multiple choice quiz to ensure topics have been understood. The course is designed for the clinician who is interested in an evidence based approach to the use of manual therapy and exercise to manage disorders of the cervical spine contributing to headache. It is anticipated that the course content will be suitable to individuals who are seeking to expand their knowledge in this area. Whilst the course will be presented at a high level this should not be seen as a barrier to participation for those with little or with no previous experience in this area. As a result of attending the course participants will gain greater understanding of the role of manual therapy & exercise in managing neck related headache.



### Course objectives

At the completion of this fully Online 12 hour program the participants will:

- Be conversant in clinically relevant anatomy, and pathoanatomy of the upper cervical spine
- Have a clear understanding of relevant pain mechanisms, and their clinical relevance, and gain appropriate understanding of measures to address a variety of acute, chronic, and complex headache pain disorders related to the cervical spine.
- Be conversant with current evidence and clinical reasoning processes with respect to upper cervical spinal manual therapy.
- Be familiar with a wide range of upper cervical spine examination procedures.
- Be familiar with determining a differential diagnosis based on an integrated clinically reasoned examination of the joint, muscle & neural systems of the upper cervical spine.
- Be able to formulate an appropriate and effective manual therapy & exercise management program suitable for the assessed condition.
- Be proficient in applying an appropriate diagnostic specific manual therapy treatment strategy incorporating manual treatment techniques and exercise.

# Course developers

## Kim Robinson

B App Sci (Physio),  
Grad Dip Manip Ther  
(Distinctions). FACP  
Fellow of the Australian College of Physiotherapists  
Specialist Musculoskeletal physiotherapist.  
Adjunct Senior Teaching Fellow (Curtin).  
Accredited Mulligan Concept Teacher.  
Director of Manual Concepts.



Kim has developed a reputation as a leading figure in manual therapy education. He was formerly a lecturer and clinical teacher on the Postgraduate Diploma and Masters in manipulative therapy programmes at Curtin University for many years before establishing Manual Concepts with Toby Hall. He has conducted a variety of clinical workshops and courses based on current research and evidence, throughout Australia and in many countries around the world.

Kim gained membership to the Australian College of Physiotherapists in 2009 as a specialist musculoskeletal physiotherapist.

Kim is an accredited teacher of the Mulligan Concept and a member of the International Mulligan Concept Teachers Association. His research interests and publications include manual diagnosis, cervicogenic headache, neck pain and the application of the Mulligan Concept.

Please follow the link for a list of his publications and conference presentations.

[Publications](#)

## Dr Toby Hall

PhD, MSc, Post Grad Dip  
Manip Ther. FACP  
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Toby gained his physiotherapy qualification in the UK in 1985, followed by a postgraduate Dip in Manip Therapy in 1990 at Curtin University. He then went on to complete a Master of Science in 1996 and a PhD in 2010 also at Curtin University. He has lectured extensively within Australia and more than 30 countries. He is heavily involved in research working with several groups around the world. He has presented at many conferences, published more than 20 book chapters and 120+ articles related to research in the area of neural tissue dysfunction, headache and the Mulligan Concept. Toby is co-author of 3 textbooks published by Elsevier entitled Mulligan's Mobilisation With Movement: The art and the science & The Mulligan Concept of Manual Therapy: Manual of Techniques (1st & 2nd edition). He is a Member of the International Advisory Board for the journal Musculoskeletal Science & Practice and an Associate-editor for the Journal of Manual & Manipulative Therapy.

Please follow the link for a list of his publications and conference presentations.

[Publications](#)



## Course Overview

This manual therapy programme is aimed at merging the examination of the joint, muscle and neural systems into an integrated examination procedure of the cervical spine in headache. We place strong emphasis on teaching clinicians the ability to perform an accurate and specific manual therapy examination of the upper cervical spine, which is based on current best evidence knowledge of anatomy, pathoanatomy, pathophysiology, and pain mechanisms.

The examination process developed by Manual Concepts draws on the work of many different concepts in manual therapy. We believe that an eclectic approach, drawing on different concepts of examination and treatment, provides an effective approach to the management of a wide range of upper cervical pain disorders including headache.

### Joint System

As part of the assessment of the joint system we aim to teach a range of articular testing procedures to include pain provocative tests for specific structures as well as tests to determine specific motion segment dysfunction. A significant aspect of the assessment procedure is the use of combined movements. Equally important is the use of specific passive segmental motion testing and provocative tests for pain reproduction. An example includes the Flexion-rotation test, C-C2 and C2/3 axial rotation tests. Evidence supports the use of manual examination in the upper cervical spine in people with neck related headache

### Neural System

Neural dysfunction is common in musculoskeletal pain disorders, and examination of the neural system forms an essential element of the physical examination of a patient with a cervical problem. However not all neural disorders are responsive to manual techniques. Hence it is essential that the treating clinician has a good understanding of the pathophysiological mechanisms underlying neural pain problems to understand how to effectively manage them. Neural disorders are less common in neck related headache. An overview and clinical relevance of classification and differentiation of neural disorders in CGH will be presented.

### Muscle System

An emphasis of this programme is a systematic, graded, functional approach to the assessment and management of the cervical muscle system and motor control. There is good evidence that exercise is effective for certain forms of headache and that strengthening exercise is better than endurance training which is better than stretching. There is also evidence that motor control training is more effective than strengthening exercise for cervical disorders. Determining which patients require motor control re-education is included as part of this programme and the evidence regarding choice of exercise will be discussed.

### Management

A core principle of the programme is the ongoing analysis of the examination findings from the subjective and physical examination procedures. To ascertain an appropriate manual therapy diagnosis critical analysis is developed through clinical reasoning applied to specific case studies.

This programme does not provide the participants with a recipe approach to treatment. Clinicians will be able to develop though sound methodology, appropriate treatment strategies.

### Participants

There is no pre-requisite in terms of manual therapy experience. The programme offers a high level of information and clinical expertise, providing all participants regardless of previous clinical experience and knowledge with a stimulating learning environment. Previous participants have highly recommended Manual Concept courses. They have reported excellent feedback in terms of material content, presenters' knowledge, and supervision. In these Covid times we are not able to provide face to face courses, hence the best option is to provide Online courses until the situation stabilises.



# Course information

Please contact the course organizer if you have any further questions

Further details are also available on our website at [www.manualconcepts.com](http://www.manualconcepts.com)

**REGISTER  
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Don't delay!



## Content

Each section is a high quality video with accompanying comprehensive handout followed by "Practice Points" to facilitate practice of presented material. Each section is followed by a multiple choice quiz. Extensive additional readings are provided for download.

## Background

### 1.1 Classification - 72 minutes

An introduction to the concept of neck related headache and differentiation from other headache forms

### 1.2 Headache evaluation - 50 minutes

Baseline evaluation of headache including serious pathology, upper cervical instability, & associated psychosocial factors

## Examination

### 1.3 Cervical articular exam - 90m

Examination of the cervical articular system including localization of upper cervical movement & pain provocation tests

### 1.4. Muscle function - 44m

Muscle function, motor control & exercise. Management options

### 1.5. Neural tissue pain disorders - 30m

Assessment & differentiation of neural disorders of the upper cervical spine

## Management

### 1.10. Management - 80m

Headache management & manual therapy

# Manual Concepts

Education for Health Professionals

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