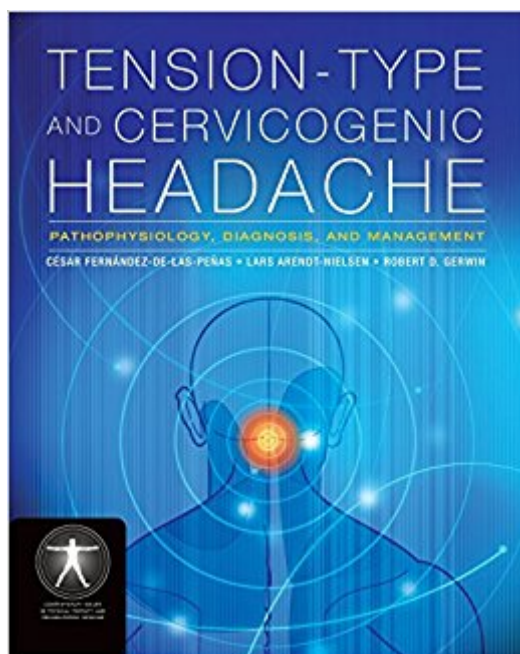


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# Tension-Type And Cervicogenic Headache: Pathophysiology, Diagnosis, And Management (Contemporary Issues In Physical Therapy And Rehabilitation Medicine)



## Synopsis

This is the first book for the new Series Contemporary Issues in Physical Therapy and Rehabilitation Medicine. This textbook will assess both clinical and research aspects of the diagnosis and management of two highly prevalent headache disorders: tension-type and cervicogenic headaches. This textbook will cover both physical therapy and physical medicine approaches to the management of these headache disorders.

## Book Information

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## Customer Reviews

Dr. Cesar has written an astonishing mountain of books & superb research studies lately regarding physiotherapy...each of them are immediate classics in the sense of being the most comprehensive presentations of the chosen subject matter available. This textbook on Tension-Type and Cervicogenic Headache is another brilliant contribution to our understanding of this devastating condition! This is a rare book written by many different professionals who treat this difficult human problem, and it includes pharmacological (the most common) and non-pharmacological (the most underused and potentially most effective) approaches to this problem. The pathophysiology of headache and the trigeminocervical nucleus is explained repeatedly, from different angles which only increases the reader's clear focus upon these mechanisms and it describes muscle and joint interventions, dry needling, and other complementary and alternative medical approaches including naturopathy, acupuncture, nutrition and more. This multidisciplinary approach is sometimes needed;

and the latest evidence from all these branches of healing regarding this problem is vast and impressive and very useful for victims of this condition and the clinicians who treat it. The group who has contributed perhaps the most outcomes research to this subject is the chiropractic profession -- and this reader was disappointed that more about this mode of treatment (90% of all manipulations for headache in the US are given by chiropractors) was mostly absent here. The key to correcting a headache is to find its exact cause. As there are so many reasons for headaches, the in-depth mechanisms for headache need explication...and the delivery of this is superb in this textbook! The body has many mechanisms to keep it healthy in spite of the abuse it takes. When disturbances occur with which the body cannot cope, it has warning systems, usually in the form of pain. When there is a headache, the body's warning mechanism is telling the victim something is wrong. A headache is generally considered an enemy; however, when looked at in its proper perspective, a headache is often a friend because it warns of some health problem needing attention. Some of the most effective approaches to headaches are designed to override, or numb, the pain; these are described -- as well as the potential side-effects of such treatments -- in excellent detail by medical doctors in this book. However this type of relief is similar to disconnecting a ringing fire alarm because it is annoying, and forgetting why the alarm is ringing. The doctors and physiotherapists describing the natural health care assessments and treatments for tension-type and cervicogenic headache recognize the fact that the body is designed to work in a harmonious, pain-free manner. Some of the most important aspects of the examination will include evaluation of the body's control systems, such as the nervous system. The chapters on the trigemino-cervical complex are exhaustive and cutting-edge. The evidence that physical and emotional comorbidities contribute SUBSTANTIALLY to headache disability, and that natural health care approaches (particularly chiropractic) can beneficially ameliorate such disability, is refreshing. The most important consideration is that the cause of a person's headache be found, regardless of its classification. Of the headache conditions accepted for natural health care, the recovery rate is remarkable. The data collected by Dr. Fernandez-de-las-Penas and his colleagues makes all of this very clear. A unique book and definitely one to add to your library if you have or if you treat human beings with headache. Highly recommended!-- by Dr. Scott Cuthbert, author of *Applied Kinesiology Essentials: The Missing Link in Health Care* (2014), and *Applied Kinesiology: Clinical Techniques for Lower Body Dysfunctions* (2013).

Excellent book containing updated research on tension-type headache and cervicogenic, with optimal organization of the chapter by relevant topics, from the neurophysiological basis of all

components that involve pain to the main research treatments for these types of headache. An optimal reading and support relevant research in the area.ass: Thales (Brazil)

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