### SYSTEM: Neurologic and Psychological

**CONDITION: Headache / Migraine**

*(BOLD content unlikely to be covered elsewhere in the curriculum)*

<table>
<thead>
<tr>
<th>Content</th>
<th>Educational Objectives</th>
<th>Level of Mastery*</th>
</tr>
</thead>
</table>
| **Examination: Patient-History**  
- Statistics on gender prevalence and typical risk factors for headaches  
- Knowledge of mechanisms considered to lead to each type of headache, clinical presentation of the different types of headaches, and types that can benefit from physical therapy  
- Aware of common impairments and functional limitations present in a patient with headaches  
- Aware of medical management of headaches non-responsive to physical therapy  
  o Medical management for migraines. Pain medications  
  o Affective co-morbidities such as anxiety and depression |  
- Demonstrate culturally appropriate and patient friendly communication when interviewing a patient/client with headaches symptoms  
- Discuss risk factors for each headache type and screen for need for further care for types of headaches not responsive to physical therapy  
- Establish baseline of functioning from which to plan intervention goals  
- Identify signs and symptoms of patients with need for additional medical follow-up (i.e. migraine, cluster types) and refer | P  
|  |  | M |
| **Examination: Tests and Measures**  
- Uses standardized, evidence supported tests to differentially diagnose chronic tension or cervicogenic headache from other types.  
- Affective status outcome measures appropriate for patients with headaches such as Coping, movement avoidance, catastrophizing |  
- Use tests to establish acuity of headache and establish a basis of functioning  
- Discuss results of tests and measures used in diagnosis of specific condition  
- Can effectively implement standard outcome tools | F  
|  |  | F  
|  |  | P |
| **Evaluation**  
- Scientific evidence for differential diagnosis and management of headaches responsive to physical therapy  
- Knowledge of comorbidities such as cervical dysfunction or temporomandibular dysfunction  
- Can identify members of health care team that would benefit a patient with chronic pain |  
- Utilize evidence supported interventions to design treatment plan for each type of headache  
- Recognize when and to whom you should refer for management of headaches not responsive to physical therapy  
- Display effective communication when collaborating with other members of the team (pain specialist, psychologist/psychiatrist, physician)  
- Discuss validated outcome measures including quality of life assessments | P  
|  |  | F  
|  |  | P  
<p>|  |  | F |</p>
<table>
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<tr>
<th>Interventions</th>
<th>Prevention and Wellness</th>
<th>Medical management</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Evidence to support modality and manual therapy effect on local tissue and body system</td>
<td>• Teach evidence supported prevention and wellness strategies to maximize functioning and minimize impairments from headaches (i.e. relaxation, self massage, stretching, posture, stress management, resting posture of the jaw)</td>
<td>• Aware of typical medication management for patient with headaches</td>
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<td>• Evidence supported exercise methods to benefit each type of headache</td>
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<td>• Discuss members of the interdisciplinary team and when/how to refer</td>
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<tr>
<td>• Discuss the evidence related to the use of modalities and manual therapy for treatment of headaches</td>
<td></td>
<td>• Discuss pharmaceutical management impact on musculoskeletal processes</td>
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<tr>
<td>• Discuss the evidence related to exercise as a treatment and preventative method for each type of headaches</td>
<td></td>
<td>• Can describe patient’s physical therapy needs to health care team based on functioning</td>
</tr>
</tbody>
</table>

* F = Familiar; P= Proficient; M= Mastery