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Cervical Spine Mechanical Disorders: Diagnosis & PT Management

Part III: Management of Cervicogenic Headache & Understanding Cervical Artery Complications

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Note to Participants: There are interactive pop-up questions throughout this lecture. If you choose to pause the lecture and return at a later time, a natural break time would be after answering the interactive questions. (You are able to pause at any time and the presentation will "remember" where you were. It's just a more natural time to pause after the interactive questions.) For your convenience, this outline reflects where/when within the lecture the interactive questions occur.

This lecture has 114 slides and is 145 minutes in duration.

I. Headache classifications

- A. Sinus
- B. Migraine
- C. Tension-type
- D. Cluster
- E. Cervicogenic

Interactive Questions – slide 11 @ 9 minutes

II. Management of cervicogenic headache

- A. Mobilization/manipulation
- B. Craniocervical flexion and deep neck flexor recruitment

Interactive Questions – slide 26 @ 29 minutes

III. Evaluating dizziness

- A. BPPV
- B. Epley maneuver
- C. Cervicogenic dizziness

Interactive Questions – slide 46 @ 55 minutes

IV. Cervical artery dysfunction: harm and risk

- A. Anatomical review
- B. Vascular system
 - 1. Vertebral
 - 2. Carotid
- C. Risk in context

Interactive Questions – slide 63 @ 75 minutes

V. History and physical exam

- A. Vascular
- B. Neuromotorsensory

Interactive Questions – slide 84 @ 108 minutes

- C. Risks of competing therapies
- D. Rationale approach to PT management of neck complaints

Notes