



# **Cervical Spine Mechanical Disorders: Diagnosis & Physical Therapy 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 112 slides and is 145 minutes in duration.

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

Interactive Questions – slide 10 @ 9 minutes

- II. Management of cervicogenic headache
  - A. Mobilization/manipulation
  - B. Craniocervical flexion and deep neck flexor recruitment

Interactive Questions – slide 25 @ 29 minutes

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

Interactive Questions – slide 45 @ 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 62 @ 75 minutes

- V. History and physical exam
  - A. Vascular
  - B. Neuromotorsensory

Interactive Questions – slide 81 @ 108 minutes

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

Notes

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