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Tension Headache

Above and behind the eyes
Base of skull, neck and shoulder
Areas of tension headache


Signs and symptoms of a tension headache include:

- Dull, aching head pain
- Sensation of tightness or pressure across your forehead or on the sides and back of your head
- Tenderness on your scalp, neck and shoulder muscles
- Usually at end of work day when muscles are stressed

Tension headaches are divided into two main categories —

Episodic tension headaches
Episodic tension headaches can last from 30 minutes to a week. Frequent episodic tension headaches may become chronic.

Chronic tension headaches
This type of tension headache lasts hours and may be continuous. If your headaches occur 15 or more days a month for at least three months, they're considered chronic.



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Episodic Tension Type Headache.

IHS (International Headache Society) Criteria

- Tension type headaches less than 15 per month.
- Lasts 30 mins to 7 days
- No nausea or vomiting
- No photophobia and phonophobia (1 ok)
- Headache has at least 2 of the following criteria:
 - a. pressing/tightening
 - b. Bilateral
 - c. Mild-moderate
 - d. Not aggravated by physical activity.

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Chronic Tension Type Headache

- Affect women more than men
- Most common in middle age
- Stress is often a trigger
- Average duration is 4-13 hours.

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Chronic tension-type headache

These headaches evolve from episodic tension-type headaches.
They may last hours or be constant.
15 or more days a month for at least three months

Chronic tension-type headaches have at least two of the following characteristics:

- Hurt on both sides of your head (head in a vice)
- Cause mild to moderate pain
- Cause pain that feels pressing or tightening, but not pulsating
- Aren't aggravated by routine physical activity
- In addition, they cause no more than one of the following:
 - Sensitivity to light or sound
 - Nausea (mild only)

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• **Research has shown that in respect to tension headaches massage can:**

- reduce depression and/or anxiety
- decrease perceived pain
- decrease anger status
- decrease tension
- reduce frequency
- reduce intensity
- reduce duration
- decrease medication usage
- increase range of cervical motion

1. National Institutes of Health. (2009). "Headache: Hope Through Research" NINDS. NIH Publication No. 09-158. Retrieved on January 21, 2010 from National Institute of Neurological Disorders and Stroke Web site:

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"I'll want to get a few tests on you, just to cover my ass"

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When You Do Need to refer

- Extremely abrupt onset of headache (with no HA history)
- Persistent unremitting headache
- New onset of headache in patient over age of 50
- Fever, acute redness (flushing)
- Abnormal neurological findings (motor weakness, reflexes, slurring, posture)
- Abnormal gaze tracking, vision

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Subarachnoid hemorrhage: useful signs and symptoms

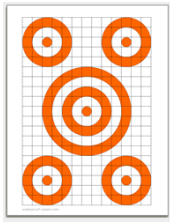
- Sudden onset of worst headache of life.
- Worse on exertion eg valsalva, exercise.
- 75% of patients have nausea and vomiting.
- 50% of patients have meningism.
- 25% of patients have neck stiffness.



Linn F et al: Prospective study of sentinel headache in aneurysmal subarachnoid hemorrhage, Lancet 344:590, 1994.
Locksley HB: Report on the cooperative study of intracranial aneurysms and subarachnoid hemorrhage, J Neurosurg 25:219, 1966.

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Trigger Points and HAs




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Upper Trap TP pattern of HA

Usually brought upon by


- Forward head posture
- Whiplash
- Text neck syndrome
- Poor sleeping positions
- Overweight back packs



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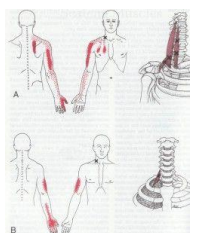
SCM Trigger Point patterns

Most common area is pain/tenderness right behind the ears and just over the brow(s)



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Scalenes



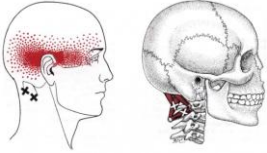
Myth is scalene's will cause HAs

The typical TP pattern for the scalene's is posterior to scapular region and or down the shoulder to arm. Usually contributing to TOS.

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Suboccipital muscles

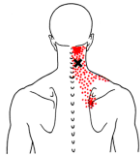
Obliquus Capitis inferior (also known as the Inferior Oblique) is a small muscle that runs posteriorly and inferomedially from C1 to C2. It is situated under the deep cervical vein and comprises the inferior border of the suboccipital triangle. It is the only suboccipital muscle that does not attach to the skull!



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Trapezius pattern

Forward Head Posture
Computer Worker (mouse muscle involvement)
Weightlifters (shrugs)

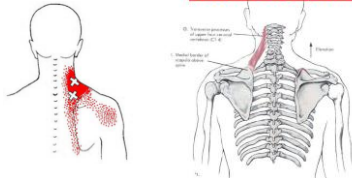


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Levator scapula pattern

Mouse muscle
Same movements as Traps


Levator Scapulae



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Different ways migraines and smells impact sufferers:

- Increased sense of smell
- Desire to avoid smells
- Smells may trigger migraine attack
- Smells can lead to increased nausea
- In some, migraines alter the sense of both taste and smell
- Some report phantom smells



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Studies on migraines and smells

A 2007 study of 1,000 patients in London found about 40 percent reported that they couldn't tolerate smells during a migraine attack. The odors that disturbed them the most:

- Perfumes or colognes, 64 percent
- Food, 55 percent
- Cigarette smoke, 55 percent

An older study, done in 1985, of 50 migraine sufferers found 45 had light sensitivity, 40 had nausea, 32 sound sensitivity and 20 sensitivity to smell. In the study:

- 8 couldn't be around the smell of cigarette or cigar smoke,
- 6 avoided the smell of cooking
- 5 disliked the smell of soap, perfume or aftershave




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Sensitivity to sound is a frequent migraine symptom. *Phonophobia*

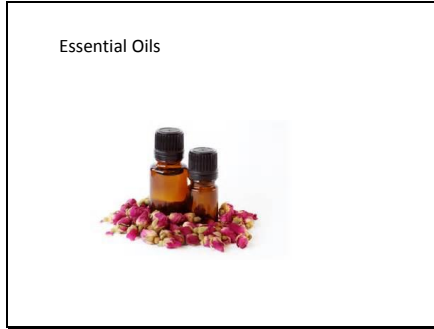
About 77 percent of females and 70 percent of males experience sound sensitivity with migraine attacks.

Sensitivity to sound can come in different forms:

- In some, loud sound cause migraines
- Other migraine sufferers say loud sounds make migraine pain worse
- Migraine sufferers may also be sensitive to quiet sounds
- Some migraine sufferers experience temporary hearing loss
- Sufferers may complain that migraines make noises louder



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The top 5 oils recommended for migraine or other headache:

- Peppermint
- wintergreen
- lavender
- Rosemary
- Ylang-ylang


General Headaches
The best general-purpose essential oils to have on hand for headaches are Peppermint and lavender

Migraine
Peppermint and Basil followed by Wintergreen and Ylang Ylang can also be used in combination

Tension
The most common type, tension headaches are caused by stress and feel like a dull pain on both sides of the head. Peppermint works best. If muscles are producing trigger points wintergreen can also help.

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Peppermint



Stress: Like many other essential oils, peppermint is able to provide relief from stress, depression and mental exhaustion due to its refreshing nature. It is also effective against feeling anxious and restless.

Energy/Alertness: Peppermint oil powerfully affects and improves mental clarity and raises energy levels. If you're trying to cut back on caffeine, this may be a blessing to your mid-afternoon lull.

- *•Rub a drop of oil under the nose to help improve concentration and alertness.*
- *•Diffuse Peppermint oil in the room to improve concentration and accuracy.*
- *•Apply to the back of the neck and shoulders repeatedly to keep energy levels up during the day.*
- *•Inhale before and during a workout to help boost your mood and reduce fatigue.*

Sore Muscles: Because peppermint oil has analgesic, anti-inflammatory and anti-spasmodic properties, it not only can relieve pain and inflammation but can also calm the spasms that cause muscle cramps.
