

Headaches

1. What were 3 of the main types of Headaches Dr Hawley mentioned
2. Which type of HA feels like a “headband” tightening
3. All HA clients should immed be referred to a neuro True or False?
4. What type of HA is brought upon by stress and massage works great for
5. List one of the 5 Essential oils Dr Hawley mentioned
6. All HAs will cause nausea true or false
7. What type of HA will produce pain mainly on only one side of the face and has auras associated with it.
8. Trigger points don’t have anything to do with HAs, True or False?
9. A person presents with headaches that have been going on for 3 weeks you should
 - a. Start by giving a scalp massage
 - b. Recommend the see their physician since it has been going on for a while
 - c. Advise to take some aspirin
 - d. Just document it and go ahead with the massage

10. While giving the client a massage they start to notice a strong headache coming on you should
 - a. Massage more vigorously
 - b. Tell them to relax more
 - c. Apply essential oils
 - d. Stop and assess the severity of the situation and act accordingly

11. If a client presents with a headache and after the massage states that it went away you should
 - a. Put that in your notes along with your findings, and what you did.
 - b. Say Namaste
 - c. Tell them that's normal
 - d. Dismiss as a placebo effect