

**Fordybelseskursus: Cervikogen Hovedpine og Svimmelhed
Kernekursus (Part I), Supervisionskursus (Part II)
og klinisk vejledning / supervision (Part III)**

Undersøgelse, diagnostik, differentialdiagnostik og behandling

**MasterClass: Cervicogenic Headache and Dizziness
Core Course (Part I), Supervised Course (Part II)
and mentored clinical practice / supervision (Part III)**

Assessment, diagnosis, differential diagnosis and treatment



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MIG Nakkebesvær, Hovedpine og Svimmelhed – Interessegruppe
MIG Neck Pain, Headache and Dizziness – Interest Group

- MIG site: www.muskuloskeletal.dk/migs (Choose this MIG / vælg denne MIG).
- Facebook Page: www.facebook.com/cervicogenic.

Info site (DK): www.nakkehovedpine.dk



Indhold i dette curriculum som uddybes på de næste sider

Contents in this curriculum that are described on the following pages

<u>Dansk</u>	<u>English</u>
<p>Kernekursus – Part I (3 dage)</p> <p>Emner på kurset: Undersøgelse, diagnostik, differentialdiagnostik og behandling af cervikogen hovedpine samt svimmelhed med fokus på klinisk ræsonnering og specialiserede tilgange for fysioterapeuter.</p> <ul style="list-style-type: none">• Kursusbeskrivelse• Lektionsplan	<p>Core Course – Part I (3 days)</p> <p>Topics on the course: Assessment, differential diagnosis and treatment of cervicogenic headache and dizziness with an emphasis on clinical reasoning and specialized approaches for physiotherapists.</p> <ul style="list-style-type: none">• Course description• Lecture plan
<p>Supervisionskursus – Part II (3 dage)</p> <p>Kurset har fokus på: klinisk problemløsning med supervision og repetition af relevante undersøgelses- og behandlingsmetoder. Kurset tager udgangspunkt i deltagernes erhvervede kundskaber og erfaringer siden hovedkurset (Part I).</p> <ul style="list-style-type: none">• Kursusbeskrivelse	<p>Supervised Course – Part II (3 days)</p> <p>This course focuses on: clinical problem solving with supervised practice and repetition of relevant examination- and treatment techniques. This course is for participants who have taken the Core Course (Part I).</p> <ul style="list-style-type: none">• Course description
<p>Klinisk Vejledning / Supervision – Part III (8 + 16 timer)</p> <p>Dette udgør sidste del af fordybelseskurset (minimum 8 individuelle timer og 16 gruppe timer).</p> <ul style="list-style-type: none">• Kort beskrivelse	<p>Mentored Clinical Practice / Supervision – Part III (8 + 16 hours)</p> <p>This comprises the last part of the MasterClass (minimum 8 individual hours and 16 group hours).</p> <ul style="list-style-type: none">• Short description

CeH & CeDizz – Kernekursus: Part I (3 dage) - Kursusbeskrivelse

CeH & CeDizz – Core Course: Part I (3 days) - Course description

<p><i>Nyeste viden og best practice tilgang til undersøgelse, diagnostik, differentialdiagnostik og behandling af cervikogen hovedpine og svimmelhed samt øvre nakke i det hele taget.</i> <i>På dette 3-dages kursus præsenteres et samlet "approach" med fokus på klinisk ræsonnering og specialiserede tilgange for fysioterapeuter.</i></p> <p><i>Undervisere: Martin B. Josefsen og Deborah Falla</i></p> <p>På dette kursus præsenteres en samlet tilgang med fokus på klinisk ræsonnering og elementer af segmentale ledteknikker, bløddelsteknikker, funktionel stabilitet og neuromuskulær træning - samt sikkerhedsmæssige procedurer. Syndromer som cervikogen hovedpine og svimmelhed gennemgås vedrørende undersøgelse, klassifikation og behandling. Den nyeste evidens på området præsenteres og integreres i den praktiske gennemgang, som relateres til deltagernes praksis og dagligdag.</p> <p>Kurset er kernekurset i fordybelseskurset og henvender sig til alle fysioterapeuter med lidt eller nogen erfaring med MT - inklusive fysioterapeuter der har taget MT uddannelsen eller tilsvarende.</p> <p>Undervisere - Martin B. Josefsen, Muskuloskeletal Fysioterapeut, DipMT. - Deborah Falla, Professor, PhD, Physiotherapist.</p> <p>Mål for kurset At udvikle kursisternes forudsætninger for at kunne undersøge og differentiere hyppige hovedpine- og svimmelhedsformer samt undersøge og behandle patienter med nakkerelateret hovedpine og svimmelhed – herunder anvende elementer i den kliniske ræsonneringsproces og kunne:</p> <ul style="list-style-type: none">• Vurdere anamnesen relateret til udvalgte hovedpineformer samt svimmelhedsformer og herunder inddrage differentialdiagnostiske overvejelser.• Planlægge funktionelle samt mere specifikke undersøgelser med fokus på symptomer og dysfunktioner relateret til cervikalcolumna og det	<p><i>Latest evidence and best practice approach to assessment, differential diagnosis and treatment of cervicogenic headache and dizziness and the upper neck in general.</i> <i>On this 3-day course there will be an emphasis on clinical reasoning and specialized methods will be presented to physiotherapists.</i></p> <p><i>Teachers: Martin B. Josefsen and Deborah Falla</i></p> <p>On this course a united approach with focus on clinical reasoning and elements of segmental joint techniques, soft tissue techniques, functional stability and neuromuscular training – as well as safety procedures – are presented. Syndromes such as cervicogenic headache and dizziness are addressed regarding examination, classification and treatment. The latest evidence in the field is presented and integrated in the practical sessions, which relate to participants daily clinical practice.</p> <p>The course is the Core Course of the MasterClass and is relevant to all physiotherapists with little or some experience with MT – including physiotherapists that have taken the MT educational programme or similar approaches.</p> <p>Teachers - Martin B. Josefsen, Musculoskeletal Physiotherapist, DipMT - Deborah Falla, Professor, PhD, Physiotherapist.</p> <p>Aims of the course To develop participant's skills and competencies to be able to examine and differentiate common headache and dizziness types – and to diagnose and treat patients with neck related headache and dizziness. At the end of the course, the participants will be able to :</p> <ul style="list-style-type: none">• Evaluate history taking related to selected types of headache and dizziness and as part of this include a differential diagnosis evaluation.• Plan functional and more specific examination and testing with an emphasis on symptoms and dysfunctions related to the cervical spine
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<p>vestibulære apparat.</p> <ul style="list-style-type: none"> • Anvende specifikke undersøgelses- og behandlingsteknikker for cervikal columnas led, muskler, nerver og neuromotoriske kontrol / funktionel stabilitet. • Vurdere den samlede undersøgelse - herunder strukturdiagnose, smertemekanismer, vedligeholdende faktorer og differentialdiagnostiske overvejelser samt patientens ressourcer - og herudfra kunne planlægge behandlingen samt prognosen. <p>Indhold på kurset</p> <ul style="list-style-type: none"> • Nyeste viden omkring hyppige, udvalgte hovedpine- og svimmelhedsformer (ætiologi, symptomer, prævalens, undersøgelses- og behandlingsmuligheder). • Klinisk ræsonnering, klassifikations- og undersøgelsesmuligheder inkl. differentialdiagnostiske overvejelser relateret til hovedpine og svimmelhed. • Undersøgelse og behandling af øvre cervicalcolumna inkl. særlige undersøgelser som indgår i klassificeringen af cervikogen hovedpine og cervikogen svimmelhed; herunder <ul style="list-style-type: none"> ○ Specifikke ledteknikker (accessoriske/fysiologiske/kombinerede bevægelser med og uden involveret patientaktivitet). ○ Myofascielle strukturer. ○ Neuromuskulær funktion og funktionel stabilitet. ○ Nakke-øje koordination. ○ Udvalgte neurodynamiske test. ○ Udvalgte neurologiske undersøgelser. • Screening for og håndtering af buegangssvimmelhed (BPPV/Otholit). • "Red flags" overvejelser relateret til hovedpine og svimmelhed samt afprøvning af udvalgte specialtest. • Kliniske cases og gruppearbejder. 	<p>and the vestibular apparatus.</p> <ul style="list-style-type: none"> • Apply specific examination- and treatment techniques for the joints of the cervical spine, muscles, nerves and neuromotor control / functional stability system. • Evaluate the whole examination – structural diagnosis, pain mechanisms, perpetuating factors and possible differential diagnosis along with the patient resources – and from this evaluation be able to plan treatment and prognosis. <p>Contents of the course</p> <ul style="list-style-type: none"> • Latest evidence regarding common, selected types of headache and dizziness (etiology, symptoms, prevalence, examination- and treatment methods). • Clinical reasoning, classification and examination possibilities including differential diagnosis related to headache and dizziness. • Examination and treatment of the upper cervical spine including special tests that are included in the classification of cervicogenic headache and cervicogenic dizziness; <ul style="list-style-type: none"> ○ Specific joint techniques (accessory/physiological/combined movements with and without patient activity). ○ Myofascial structures. ○ Neuromuscular function and functional stability. ○ Neck-eye coordination. ○ Selected neurodynamic tests. ○ Selected neurological examinations. • Screening for and treatment of vestibular dizziness (BPPV/Otholite). • "Red Flags" considerations related to headache and dizziness along with the practice of selected special tests. • Clinical cases and group works.
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Lecture Plan – Core Course: Part I

Lecture	Indhold	Contents	Purpose / Aims	Paedagogical
Lecture 1 0,5 hour	Introduktion	Introduction	Presentations (participants/teachers), Expectations and experiences, aims.	Plenary, oral
Lecture 2 1,5 hours	Teori: hyppige hovedpineformer inkl. CeH; ætiologi, epidemiologi, diagnostik / klassifikation, undersøgelse og behandling, evidens.	Theory: Common Headache Types including CeH; etiology, epidemiology, diagnosis / classification, examination, treatment, evidence.	Present latest evidence and clinically oriented details regarding signs, symptoms and clinical findings etc – and to facilitate clinical reasoning regarding headache types and classification	Plenary, Oral presentation Powerpoint. Handout: “common headaches scheme” (mind map) to fill out.
Lecture 3 1,5 hours	Teori: Cervikogen hovedpine og neuromuskulær kontrol.	Theory: Cervicogenic Headache and neuromuscular control.	Detailed evidence regarding neuromuscular changes, diagnostic tools and rehabilitation principles.	Plenary, Oral presentation Powerpoint
Lecture 4 2 hours	Praktik: Undersøgelse og træning af cervical neuromuskulær kontrol.	Practical: Examination and training of cervical neuromuscular control.	Skill training as relates to the topic	Guided / supervised 2 and 2 / groups
Lecture 5 1 hour	Teori: Svimmelhed; Svimmelhedstyper, ætiologi, epidemiologi, diagnostik, behandling.	Theory: Dizziness types, aethiology, epidemiology, diagnosis, treatment.	Present latest evidence and clinically oriented details regarding signs, symptoms and clinical findings etc.	Plenary, oral
Lecture 8 1 hour	Praktik: Test og behandling af BPPV / Otholite.	Practical: Test and treatment of BPPV / Otholite.	Skill training as relates to the topic. Relevant issues regarding handling and differentiation of inner ear dizziness vs cervicogenic or VBI related dizziness are discussed during the practical testing.	Demo + 2 and 2.
Lecture 6 1,5 hours	Teori: Cervikogen svimmelhed og nakke-øje koordination.	Theory: Cervicogenic dizziness and sensory- motor dysfunction.	Detailed evidence regarding changes in neck-eye control and proprioception diagnostic tools and rehabilitation principles.	Plenary, oral
Lecture 7 1,5 hours	Praktik: Test og træning af nakke-øje koordination.	Practical: Test and training of neck-eye coordination and proprioception.	Skill training as relates to the topic	Guided / supervised 2 and 2 / groups
Lecture 9 1 hour	Teori / Praktik: Screening for VBI og øvre ligament skader - C/O VBI + LI. - P/E VBI + LI.	Theory / practical: Screening of VBI og and upper ligament injuries - C/O VBI + LI. - P/E VBI + LI.	Theoretical and practical presentation + discussion as relates to the topic.	Plenary, Oral presentation (ppt) + 2 and 2 / group Demo / supervised
Lecture 10 1 hour	Praktik: Palpation og af øvre nakke.	Practical: Palpation upper neck.	Detailed palpation of accessible joint surfaces, relevant myofascial and bony structures and to get “acquainted” with the area.	Guided / supervised 2 and 2 Powerpoint / spine model as needed
Lecture 11 1,5 hours	Praktik: Cervikal ledundersøgelse og –behandling - PAIVMs. - PPIVMs.	Practical: Cervical joint examination and – treatment - PAIVMs. - PPIVMs.	Skill training as relates to the topic with an emphasis on techniques that are used in cervicogenic headache examination and treatment.	Demo + supervised 2 and 2
Lecture 12 1,5 hours	Teori / Praktik: Cervikal ledundersøgelse og behandling - kombinerede bevægelser (specifik / generel	Theory / Practical: Cervical joint examination and treatment - combined movements (specific / general mob).	Theoretical introduction to combined movements and the principles. Skill training as relates to the topic with an	Oral presentation of the topic + principles. Demo + supervised

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	mob).		emphasis on techniques that are used in cervicogenic headache examination and treatment.	2 and 2 practs.
Lecture 13 1 hours	Praktik: Kombinerede manuelle teknikker (mobilisering, MFR, MET).	Practical: Combined manual techniques (mobilization, MFR, MET).	To introduce a broader “hands on” approach where different techniques are combined more “intuitively”. Skill training as relates to the topic.	Demo Supervised
Lecture 14 1 hour	Teori/Praktik: Udvalgte neurodynamiske test - SLUMP + sensitiveret SLUMP +/- PNF og ULNT.	Theory/Practical: Selected neurodynamic tests - SLUMP + sensitized SLUMP +/- PNF and ULNT.	Skill training as relates to the topic with an emphasis on differentiating between neurogenic symptoms and referred symptoms from the neck.	Plenary introduction / theory / duscussion. Demo + 2 and 2 / group training.
Lecture 15 1 hour	Teori/Praktik: Neurologisk screening CNS/kranienerver.	Theory / Practical: Neurological screening CNS / cranial nerves.	To foster the emphasis on differential diagnosis regarding neurological conditions that could relate to headache and dizziness symptoms + introductory skill training related to the topic.	Theoretical Practical screening group + supervised. Discussion.
Lecture 16 1 hour	Case / Patient demo HP eller Svim: Ud fra anamnese eller patient demo: – klassifikation af mulig(e) hovedpinetype(r) / svimmelhedstype(r). - Planlæg videre anamnese og undersøgelse.	Case / Patient demo Headache or Dizziness: From a history taking or patient demo: – classify possible headache / dizziness type(s). - Plan further C/O and P/E.	To foster clinical reasoning processes related to a common history taking of a headache patient.	Patient demo Or Papers / cases.
Lecture 17 1 hour	Repetition teknikker	Repetition techniques	Repetition	“round about” Groups 2 and 2 supervised
20,5 teaching hours = 27 lectures				
20,5 teaching hours + 4,5 break hours = 25 hours				
<p>Preparations (participants)</p> <ul style="list-style-type: none"> - Clinical case headache or dizziness: <ul style="list-style-type: none"> o History taking details from clinical case (C/O) + evt. P/E findings (on paper preferred) for personal reflection and evt. Case and group work. o Write down 3 most important challenges / questions regarding the clinical case, and fill out solutions / answers at the end of the course. - Read articles / references sent out with the program. - Consider buying book(s) as listed in the program / references. 				
<p>Literature / references: Details and references can be found in the handouts for theoretical and/or practical sessions</p>				

CeH & CeDizz – Supervisionskursus: Part II (3 dage) - Kursusbeskrivelse

CeH & CeDizz - Supervised Course: Part II (3 days) – Course description

<p>Kurset har fokus på: klinisk problemløsning med supervision og repetition af relevante undersøgelses- og behandlingsmetoder. Kurset tager udgangspunkt i deltagernes erhvervede kundskaber og erfaringer siden hovedkurset (Part I).</p> <p>Undervisere Undervisere fra kernekurset (Part I) og evt. andre undervisere fra DFFMF's undervisergruppe eller andre faggrupper efter behov. <i>Evt. andre undervisere er beskrevet under de enkelte kursusannonceringer.</i></p> <p>Mål for kurset At videre udvikle kursisternes forudsætninger for at kunne undersøge og differentiere hyppige hovedpine- og svimmelhedsformer samt undersøge og behandle patienter med nakkerelateret hovedpine og svimmelhed.</p> <p>Indhold på kurset</p> <ul style="list-style-type: none">• Kurset er et supervisionskursus hvor der indgår praktiske patientdemonstrationer samt superviseret undersøgelse og behandling af patienter - med fokus på at udvikle klinisk ræsonnering, beslutningstagen og færdigheder relateret til håndteringen af hovedpine og svimmelhed.• Supervisionsseancerne foregår i grupper med efterfølgende refleksionsopgaver, diskussion og planlægning af yderligere undersøgelse og behandling.• Kliniske cases, gruppearbejder og enkelte teoretiske oplæg indgår på kurset.• Repetition af undersøgelses- og behandlingsteknikker.	<p>This course focuses on: clinical problem solving with supervised practice and repetition of relevant examination- and treatment techniques. This course is for participants who have taken the core course (Part I).</p> <p>Teachers Teachers from the Core Course (Part I) and eventually other teachers from DFFMF or other health professions as needed. <i>Eventual other teachers are described in the individual course announcements.</i></p> <p>Aims of the course To further develop participant's skills and competencies to be able to examine and differentiate common headache and dizziness types – and to diagnose and treat patients with neck related headache and dizziness.</p> <p>Contents of the course</p> <ul style="list-style-type: none">• The course is a supervised course with practical patient demonstrations and supervised examination and treatment of patients – with a focus on developing clinical reasoning, decision-making and practical skills related to assessment and treatment of headache and dizziness.• Supervised sessions take place in groups with following time for reflection, discussion and planning of further examination and treatment.• Clinical cases, group works and single theoretical sessions are part of the course.• Repetition of examination- and treatment techniques.
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Klinisk vejledning / Supervision: Part III (8 + 16 timer) *

Mentored Clinical Practice / Supervision: Part III (8 + 16 hours) *

<p>Individuel- og gruppesupervision med fokus på nakkebesvær, hovedpine og svimmelhed tilbydes alle fysioterapeuter / behandlere; inkl. Kursister, der har deltaget på Part I (hovedkurset) og/eller Part II (supervisionskurset).</p> <p>Anbefalet minimum antal timer for gennemført Part III (og dermed hele fordybelseskurset, såfremt både Part I og Part II er gennemført):</p> <ul style="list-style-type: none">- Individuelle supervisionstimer: 8- Gruppesupervisionstimer: 16 <p><i>Gruppesupervision: 3-5 personer.</i></p> <p><i>Praktisk set kan minimumskravet f.eks. opnås med 4 fulde dages supervision i en gruppe med 3 supervisorer; den supervisor der ser patienten får individuel supervision, mens resten i gruppen får gruppesupervision imens. Dette går på skift i gruppen, og det er typisk muligt at se 3 patienter (a 2 timer) på en fuld dag.</i></p> <p><i>* Klinisk vejledning / supervision tæller som en gyldig del af MT-uddannelsen, når supervisionen udføres undervejs i MT-uddannelsen og supervisor er fuldt gyldig MT-underviser i DFFMF. Hvis det er tilfældet, så kan dokumentationen overføres til din MT-Portefølje / supervisionsskema.</i></p> <p><i>Udenlandske kursister / supervisorer: venligst kontakt mht. Kvalificeret udførelse af klinisk vejledning / supervision i andre lande.</i></p>	<p>Individual- and group supervision related to neck pain, headache and dizziness is offered to all physiotherapists / health care practitioners; including course participants with Part I (Core Course) and/or Part II (supervised course).</p> <p>Recommended minimum amount of hours for fulfillment Part III (and thus the full MasterClass, as long as Part I and Part II are completed):</p> <ul style="list-style-type: none">- Individual hours: 8- Group hours: 16 <p><i>Group sessions: 3-5 participants.</i></p> <p><i>In practice it is possible to reach the minimum level e.g. through 4 full days with a group of 3 participants; the one that sees the patient obtains individual supervised hours, and the rest in the group obtain group supervised hours at the same time. This goes by turn in the group, and it is typically possible to see 3 patients (of 2 hours) in one full day.</i></p> <p><i>* Mentored Clinical Practice counts as a formal part of the MT-program, when the supervision takes place during completion of the MT-program and the supervisor is a member of the DFFMF MT-Teacher staff. If so, the documentation can be transferred to your MT-portfolio.</i></p> <p><i>International course participants / supervisors: please contact regarding qualified clinical mentored practice in other countries.</i></p>
<p>Kontakt venligst Martin B. Josefsen mbj@rygfys.dk</p>	<p>Please contact Martin B. Josefsen mbj@rygfys.dk</p>