Principles: Advanced Myofascial Techniques

HEADACHES & MIGRAINES

A. Cranial Sleeve

Til Luchau,
Advanced-Trainings.com

USEFUL INFO & LINKS

Principles: Headached & Migraines
Live-Online Course

Lecture Link (via Zoom)
https://bit.ly/headaches-principles-zoom
Or by phone +1 253 215 8782 US
Meeting ID: 859 2847 9590
Password: 226680494

Lecture Schedule
Four Live 90min Lectures:
Wednesdays Nov 18, Sep 25, Dec 2, & Dec 16, 2020
(Thu/1 date later in Australia/NZ/Japan)
Each live lecture is repeated twice each day:
11am or 4pm PT / 2pm or 7pm ET
…plus Small Groups and Study Pod meetings as arranged.

Advanced-Trainings.com Office:
info@advanced-trainings.com
Tel/SMS/WhatsApp: +1 303 499 8811

A-T Faculty contact info (send in your Small Group questions 1 day prior):
https://a-t.tv/headaches-principles-live-online/#faculty

Course Navigator (your videos, handouts, quiz, and progress)
https://a-t.tv/courses/headaches-principles/

Private Forum (all links, schedules, announcements)
https://www.facebook.com/groups/headaches.principles/

Lecture (Zoom)

Course Navigator
(login required)

Forum

COURSE SYLLABUS


Attend or watch each Lecture


Read the recommended chapters


Watch or follow along with each Technique video


Practice the techniques on yourself or a client


Note questions for discussion


Connect with your study pod


Meet with a faculty-led Small Group


Complete your quiz

ADVANCED TRAININGS

Quiz Preview:
'A' Sequence

- What's an example of a "primary" headache?
- Which type of headache (primary or secondary) can hands-on work most realistically help with?
- Where is tension headache pain usually felt, in contrast to other types?
- What are we feeling for in the 'Ear: Concha, Cymba, Vagus' technique (C-08)?
- What is the suggested protocol for tension headache pain?

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Vista previa del cuestionario: Sequencia ‘A’

- ¿Qué es un ejemplo de un dolor de cabeza "primario"?
- ¿Con qué tipo de dolor de cabeza (primario o secundario) puede ayudar la terapia manual de manera más realista?
- ¿Dónde se suele sentir el dolor de cabeza tensional, a diferencia de otros tipos?
- ¿Qué buscamos en la técnica 'Oído: Concha, Cymba, Vagus' (C-08)?
- ¿Cuál es el protocolo sugerido para el dolor de cabeza tensional?

ADVANCED TRAININGS

Headache Classifications

I. _____ (Idiopathic)

1. _____
2. _____ (eg Migraines)
3. _____

II. _____ (Symptomatic)

4. _____ and Medical Conditions
5. _____, Trauma, Concussions
6. _____ Disorders (eg Cervicogenic)

III. _____

7. Eg, _____ neuralgia, facial pain, etc

—summarized from IDHD-3 beta 2013

Clasificaciones de dolor de cabeza

I. _____ (**idiopático**)
   1. _____
   2. _____ (por ejemplo, migrañas)
   3. _____

II. _____ (**sintomático**)
   4. Condiciones _____ y médicas
   5. _____, trauma, conmociones cerebrales
   6. Trastornos _____ (por ejemplo, cervicogénico)

III. _____
   7. Por ejemplo, neuralgia del _____, dolor facial, etc.

—resumido de IDHD-3 beta 2013

	1. _____ Headaches		2. Migraines & _____ Headaches
TYPICAL PAIN LOCATION	3. _____		4. _____; side can shift
ASSOCIATED SYMPTOMS	Not typical (unless 5. _____)		One or more of: • 6. _____; • light/sound sensitivity; • visual disturbance • paresthesia
PAIN DESCRIPTION	Dull; 7. _____		8. _____; stabbing
FEMALE:MALE	9. _____		10. _____
MANUAL THERAPY WITH NECK:	11. ____ improve symptoms		Can improve; but sometimes 12. _____ symptoms

	Cefaleas 1. _____		Migrañas y dolores de cabeza 2. _____
UBICACIÓN TÍPICA DEL DOLOR	3. _____		4. _____; el lado puede cambiar
SÍNTOMAS ASOCIADOS	No típica (a menos que están 5. _____)		Uno o más de: • 6. _____; • sensibilidad a la luz / sonido; • disturbio visual • parestesia
DESCRIPCIÓN DEL DOLOR	Sordo; 7. _____		8. _____; pulsante
MUJER:HOMBRE	9. _____		10. _____
TERAPIA MANUAL CON CUELLO:	11. _____ mejorar síntomas		Puede mejorar; pero a veces 12._____ síntomas

Goals:
Advanced Myofascial Techniques

- Increase 1. _____ ____ movement, both gross and subtle.
- 2. _____ proprioceptive, kinesthetic and interoceptive senses.
- These can lead to 3. _____ relief, improved 4. _____, enhanced 5. _____, etc.

ADVANCED TRAININGS

Metas generales:
Advanced Myofascial Techniques

- Aumentar las 1. _____ ____ movimento, incluyendo los movimientos grandes y los sutiles.
- 2. _____ los sentidos proprioceptor, kinestésico, e interoceptor.
- Estas cosas puaden aliviar el 3. _____ aumentar la 4. _____, y mejorar(e) el 5. _____, etc.

ADVANCED TRAININGS

CRANIAL SLEEVE SEQUENCE

Intentions / Goals:

- Assess and 1. _____ any 2. _____ or mobility restrictions of the myofascial 3. _____ of the neck, cranium, and face;
- Prepare for deeper 4. _____ work.

Indications:

- Headaches, especially 5. _____ or myofascial;
- Eye, neck, or face 6. _____ or tension;
- Tinnitus, vertigo, TMJ, insomnia.

SECUENCIA DE LA ENVOLTURA EPICRANEAL

Intenciones / Metas:

- Evaluar y 1. _____ y cualquier 2. _____ sensibilidad o restricción en la mobilidad de las capas 3. _____ del cuello, cráneo y cara;
- Prepar para un trabajo 4. _____ más profundo.

Indicaciones:

- Dolores de cabeza, especialmente de 5. _____ o miofasciales;
- 6. _____, o tension en los ojos, cuello o cara;
- Acúfenos, vértigo, ATM, insomnio.

ADVANCED TRAININGS

Transversospinalis

C-02

Transversospinalis *Transversospinalis* **P,D**

Instructions / Intentions / Feel or Watch For

Check for sensitivity and layer mobility of:
1. skin and superficial fascia;
2. deep fascia;
3. transversospinalis and posterior neck structures,
....while flexing neck.

Movements / Cues:

Passive neck flexion and rotation.

Notes:

Indicated for tension and cervicogenic headaches; cold whiplash; etc

Suboccipital Triangle

C-03

Suboccipitales Dreieck *Triángulo suboccipital* **D**

Instructions / Intentions / Feel or Watch For:

Feel for sensitivity or mobility restrictions at the levels of the:
1. Skin and superficial fascia
2. Deep cervical fascia (just under the superfiscial fascia)
3. Myofascial structures, intermuscular septa, and bony attachments (obliquus capitis inferior, superior; rectus capitis posterior major, minor, etc)

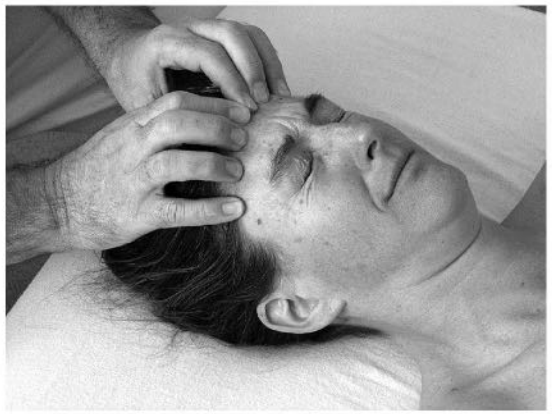
Movements / Cues:

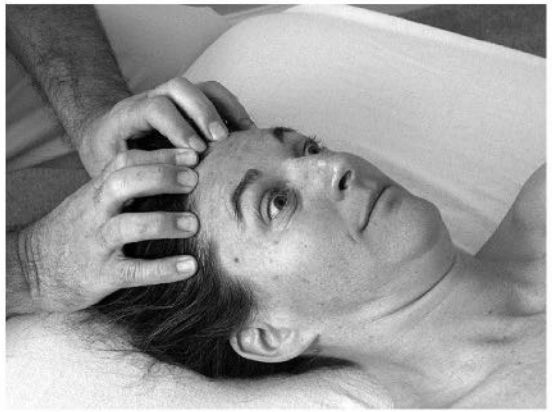
Notes:

Frontalis, Occipitalis

C-04

Frontalis, Occipitalis *Frontalis, occipitalis* **D**





Instructions / Intentions / Feel or Watch For:

Use firm pressure with fingertips to free the fascial layers of the forehead and scalp.

Movements / Cues:

Open and close eyes; raise and lower eyebrows; grimace; jaw movements etc.

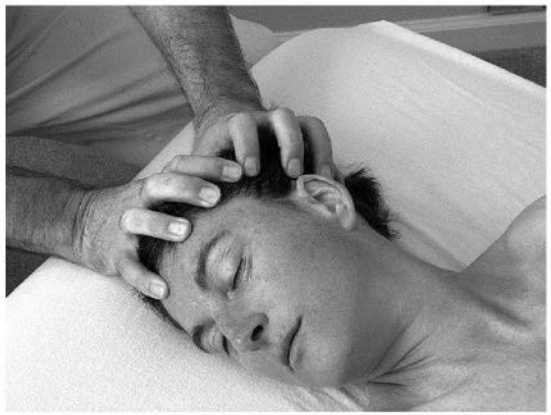
Notes:

Not pictured: occipitalis on posterior cranium in the same way.

Galea Aponeurotica

C-05

Galea aponeurotica *Galea aponeurótica* **D**



Instructions / Intentions / Feel or Watch For:

1. Using a light touch, check for sensitivity of skin and superficial fasciae.
2. Use firm pressure with fingertips to free epicranial aponeurosis on entire cranium: "melon peeling."

Movements / Cues:

Notes:

Temporalis Fascia

C-06

Temporalis Fascia *Fascia temporal* **D**

Instructions / Intentions / Feel or Watch For:

Side-lying, or supine with head rotated.

Use fingers or knuckles to work Temporalis fascia with movement.

Movements / Cues:

Jaw movements: depression/elevation; protrusion/retraction; lateral movements.

Notes:

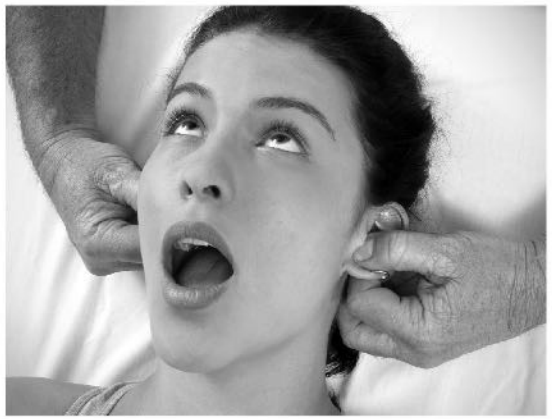
Ear: Superior Crura

C-07

Ohr: superiore Crura

Oreja: crura superior

D



Instructions / Intentions / Feel or Watch For:

The upper parts of the external ear can provide effective “handles” for mobilizing and desensitizing the cranial and temporal fasciae.

Apply gentle traction; assess for pain provocation or relief; repeat in various directions.

Movements / Cues:

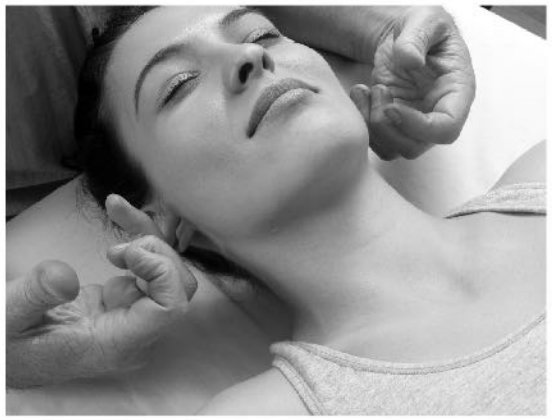
Use eye, face, and jaw movements, monitoring pain provocation or relief

Notes:

Ear: Concha, Cymba, Vagus

C-08

Ohr: Concha, Cymba, Vagus *Oreja: concha, cymba, vagus* **D**



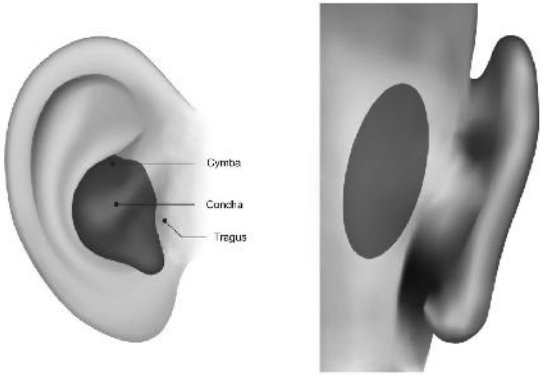
Instructions / Intentions / Feel or Watch For:

1. Apply gentle pressure or traction to ears' concha, cymba, and or tragus
2. Ask for breath, or movement
3, Wait for response.
4. Repeat in each direction: inferiorly, posteriorly, superiorly, anteriorly, laterally.

Movements / Cues:

Jaw depression/elevation; protrusion/retraction; lateral deviation.

Breathing; relaxing.



Notes:

Variations:

-Use lateral traction on tragus or external acoustic meatus to imagine/feel connection deep into cranium and tentorium.
-Use jaw movements to feel into TMJ.

Lower illustration: dark areas indicate zones of cutaneous vagal innervation.

Sacrum: Pelvic Lift

C-09

Sacrum: Becken anheben

Sacro: levantamiento pélvico

Instructions / Intentions / Feel or Watch For:

Movements / Cues:

Notes:

Tension Headache Protocol

- Layer by layer, map out areas of headache 1. _____.
- Look for direction, layer, or pressure that relieves or (gently) 2. _____ headache pain.
- Encourage client to breathe; 3. _____.

ADVANCED TRAININGS

PROTOCOLO DE DOLOR DE CABEZA POR TENSIÓN

- Capa por capa, trace las áreas de 1. _____ por dolor de cabeza.
- Busque dirección, capa o presión que alivie o (suavemente) 2. _____ el dolor de cabeza.
- Sugiera que su cliente respire y que 3. _____.

ADVANCED TRAININGS

ANSWER KEYS / CLAVES DE RESPUESTA

HEADACHE CLASSIFICATIONS

I. Primary (Idiopathic)
1. Tension
2. Neurogenic (eg Migraines)
3. Co-mingled

II. Secondary (Symptomatic)
4. Metabolic and Medical Conditions
5. Injuries, Trauma, Concussions
6. Musculoskeletal Disorders (eg Cervicogenic)

III. Others
7. Eg, trigeminal neuralgia, facial pain, etc

COMPARED

1. Tension	2. Neurogenic
3. Bilateral	4. Unilateral
5. Co-mingled	6. Nausea
7. Squeezing	8. Throbbing
9. 60:40	10. 75:25
11. Can	12. Worsens

GENERAL GOALS

- Increase 1. options for movement, both gross and subtle.
- 2. Refine proprioceptive, kinesthetic, and interoceptive senses.
- These can lead to 3. pain relief, improved 4. function, enhanced 5. well-being, etc.

C. CRANIAL SLEEVE SEQUENCE

Goals:

- Assess and 1. normalize any 2. sensitivity or mobility restrictions of the myofascial 3. layers of the neck, cranium, and face;
- Prepare for deeper 4. intra-cranial work.

Indications:

- Headaches, especially 5. tension or myofascial;
- Eye, neck, or face 6. strain or tension;
- Tinnitus, vertigo, TMJ, insomnia.

TENSION HEADACHE PROTOCOL

1. sensitivity
2. provokes
3. relax

CLASIFICACIONES DE DOLOR DE CABEZA

I. Primario (idiopático)
1. Tensión
2. Neurogénico (por ejemplo, migrañas)
3. Mezclado

II. Secundario (sintomático)
4. Condiciones metabólicas y médicas
5. Lesiones, trauma, conmociones cerebrales
6. Trastornos musculoesqueléticos (por ejemplo, cervicogénico)

I. Otros
7. Por ejemplo, neuralgia del trigémino, dolor facial, etc.

COMPARADO

1. Tensiónal	2. Neurogénico
3. Bilateral	4. Unilateral
5. Mezclado	6. Náuseas
7. Apretando	8. Punzante
9. 60:40	10. 75:25
11. Poder	12. Empeora

METAS GENERALES

- Aumentar las 1. opciones de movimiento, incluyendo los movimientos grandes y los sutiles.
- 2. Refinar los sentidos proprioceptor, kinestésico, e interoceptor.
- Estas cosas puaden aliviar el 3. dolor, aumentar la 4. función, y mejorar(e) el 5. bienestar, etc.

C. SECUENCIA DE LA ENVOLTURA EPICRANEAL

Metas:

- Evaluar y 1. normalizar cualquier 2. sensibilidad o restricción en la mobilidad de las capas 3. miofasciales del cuello, cráneo y cara;
- Prepar para un trabajo 4. intracraneal más profundo.

Indicaciones:

- Dolores de cabeza, especialmente de 5. tensión o miofasciales;
- 6. Presión o tension en los ojos, cuello o cara;
- Acúfenos, vértigo, ATM, insomnio.

PROTOCOLO DE DOLOR DE CABEZA POR TENSIÓN

1. sensibilidad
2. provoque
3. se relaje

ADVANCED TRAININGS

Home-Study

Visit Your Course Navigator:

- For recommended readings, technique videos, and required documentation.

Schedule:

1. Small Group meeting via link in email or forum, available after lecture
2. Study Pod meeting with your pod colleagues

Practice:

Invent, practice, and teach someone else a self-stretch, yoga asana, mobilization, or dance move based on one (or more) of this sequence's techniques. Use your study pod, small group, or the forum for ideas and sharing.

Practice the sequence's techniques on a client or partner, following along the video or the booklet. Ask for feedback along the way. (COVID considerations: optional, if you aren't seeing hands-on clients/patients. Be sure to complete the 'Invent' step above instead.)

Note specific highlights, challenges, and questions to bring to your Small Group, study pod or supervision discussions.

ADVANCED TRAININGS

Estudiar en casa

Visite su navegador del curso:

- Para obtener lecturas recomendadas, videos de técnicas y documentación requerida.

Programar:

1. Reunión de grupos pequeños a través de un enlace en el correo electrónico o foro, disponible después de la conferencia
2. Reunión de grupo de estudio con sus colegas de grupo

Practica:

Invente, practique y enséñele a otra persona un auto-estiramiento, asana de yoga, movilización o movimiento de baile basado en una (o más) de las técnicas de esta secuencia. Utilice su módulo de estudio, su grupo pequeño o el foro para obtener ideas y compartir.

Practique las técnicas de la secuencia con un cliente o compañero, siguiendo el video o el folleto. Solicite comentarios a lo largo del camino. (Consideraciones de COVID: opcional, si no está viendo clientes / pacientes. Asegúrese de completar el paso anterior; "Inventar").

Anote los aspectos destacados, los desafíos y las preguntas específicos para llevar a su grupo pequeño, grupo de estudio o discusiones de supervisión.

ADVANCED TRAININGS