

Principles: Advanced Myofascial Techniques

HEADACHES & MIGRAINES B. Cranial Core

Til Luchau



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USEFUL INFO & LINKS

Principles: Headaches & 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

Three Live 90min Lectures:

Wednesdays Nov 18, 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:

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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

Quiz Preview:

'B' Sequence

- What kinds of headaches are the 'Cranial Core' sequence's techniques indicated for?
- What therapeutic targets would typically be indicated for migraines (as distinct from tension headache targets)?
- In the 'Orbit Points' technique (D-04), what shift is the practitioner waiting for?
- In the 'Maxillary & Zygomatic Fascia' technique (D-05), where is the practitioner's finger?
- In the 'Mastoid Process Cradle' technique (D-08), what is the practitioner's vector of pressure?

Vista previa del cuestionario:

Sequencia 'B'

- ¿Para qué tipo de dolores de cabeza están indicadas las técnicas de la secuencia "Cranial Core"?
- ¿Qué objetivos terapéuticos estarían normalmente indicadas para las migrañas (a diferencia de las dianas de cefalea tensional)?
- En la técnica de los "puntos de órbita" (D-04), ¿qué cambio está esperando el practicante?
- En la técnica de "Fascia maxilar y cigomática" (D-05), ¿dónde está el dedo del practicante?
- En la técnica de "Cuna de apófisis mastoides" (D-08), ¿cuál es el vector de presión del practicante?

CRANIAL CORE SEQUENCE

Intentions / Goals:

- Assess and 1. _____ any 2. _____ or mobility restrictions of the intra-cranial 3. _____ and articular structures;
- 4. _____ and completion.

Indications:

- Headaches, especially 5. _____ or sinus;
- Facial or 6. _____ trauma.

SECUENCIA DEL NÚCLEO CRANEAL

Intenciones / Metas:

- Evaluar y 1. y cualquier 2. o restricción en la movilidad de las estructuras intracraneales 3. y articulares;
- 4. y finalización.

Indicaciones:

- Dolores de cabeza, especialmente de 5. o sinusales;
- Trauma facial o 6..

Parietal Lift

Anheben der Parietalknochen

Levantamiento parietal

D-02

P,D



Instructions / Intentions / Feel or Watch For:

"Take the lid off" with gentle cranial traction.

Movements / Cues:



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Orbit / Zygoma Release

D-03

Lösen von Orbita / Zygomatica

Liberación de órbita / cigoma

D



Instructions / Intentions / Feel or Watch For:

Check for sensitivity and/or adaptability of zygoma, in relation to upper orbit.

Movements / Cues:

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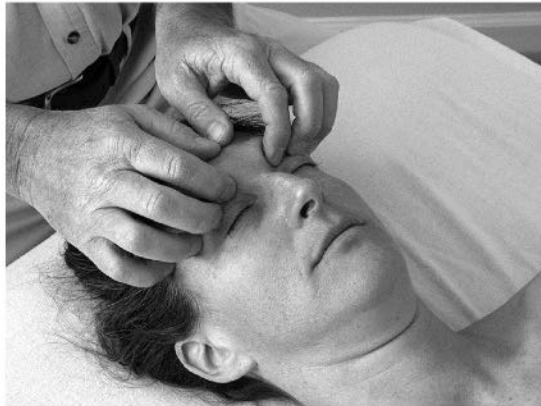
Orbit Points

Punkte an der Orbita

Puntos de órbita

D-04

D



Instructions / Intentions / Feel or Watch For:

Pressure along upper and lower rim of orbit, assessing for headache relevant sensation.

Gently hold and wait for sensitivity shift.

Movements / Cues:



Notes:

Indicated for migraines, cluster, sinus headaches, etc.

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Maxillary & Zygomatic Fascia

D-05

Faszien von Maxilla und Zygomatica

Fascia maxilar y cigomática

D



Instructions / Intentions / Feel or Watch For:

Work attachments of facial tissues between inner and outer hands.

Movements / Cues:



Notes:

Variation: work attachments on roots of both upper and lower gums.

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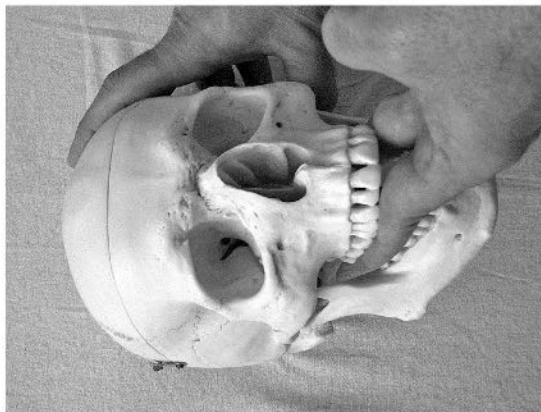
Maxilla Rocking

Maxilla: schaukeln

Mecer la maxilar superior

D-06

D

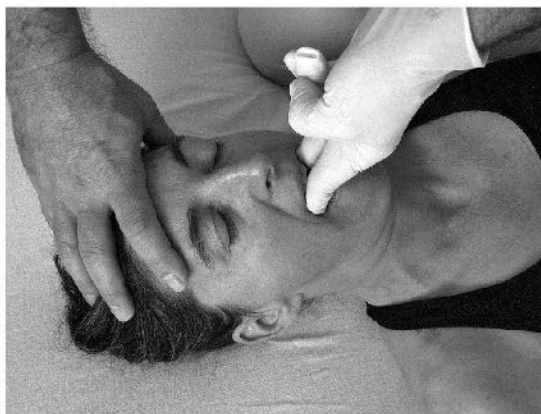


Instructions / Intentions / Feel or Watch For:

By alternating pressure on left and right side upper molars, gently rock mandible in frontal plane (clockwise and counterclockwise as seen from the front).

Feel for and gently mobilize any movement restrictions or headache relevance, encouraging ease, balance, and comfort.

Movements / Cues:



Notes:

Variations: check for mobility/motility in saggital plane (front/back movement) and horizontal plane (side/side and swiveling movements) as well.

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Palate II

XC-14

Gaumen II

Paladar II

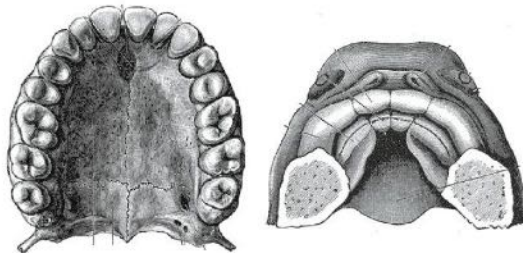
D



Instructions / Intentions / Feel or Watch For:

With headaches, feel for trigger points which refer to headache pain, or places where pressure relieves headache pain. Hold, wait.

Movements / Cues:



Notes:

Indicated for migraines and neurogenic headaches, especially when accompanied by visual disturbances.

The intention of the palate work in the Neck, Jaw, and Head Part II workshop is width in order to relieve any narrowness or cranial compression. In this variation, intention is headache relief through both trigger point work and opening of cranial vault's base.

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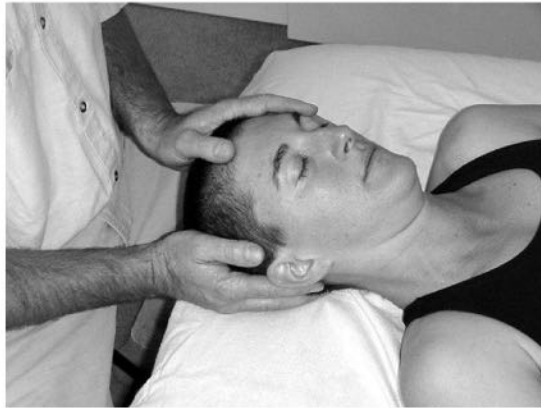
Cranial Vectors II (Indirect)

D-07

Craniale Vektoren II (indirekt)

Vectores craneales II (indirectos)

I

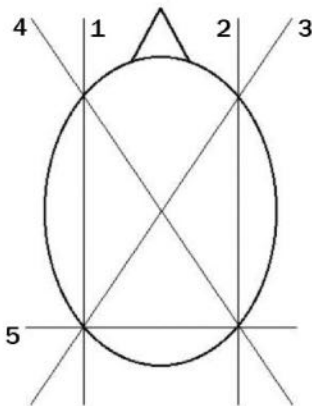


Instructions / Intentions / Feel or Watch For:

Begin with each same-side vector, then each diagonal, and end with occipital vector.

Subtle approach: gently feel for connection, motility, and release across each vector (rather than using pressure to compress vector). Take your time.

Movements / Cues:



Notes:

Avoid direct pressure across lateral wings of sphenoid (temples).

Attributed to William Garner Sutherland. Thanks to Robert Schrei for the original firm-pressure version of this osteopathic technique.

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Mastoid Process Cradle

D-08

Wiege für die Processi mastoidei

Cuna de apófisis mastoides

P,D,I



Instructions / Intentions / Feel or Watch For:

Thumb pads or thenar eminencies on mastoid processes.

Feel for left/right evenness of adaptability and motility.

Use very gentle compression to imagine/feel for temporal bones connection into sphenobasilar joint.

Movements / Cues:



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Sitting Neck Work

Arbeit mit dem Hals im Sitzen

Trabajo de cuello sentado

D-09

I



Instructions / Intentions / Feel or Watch For:

Movements / Cues:

Client turns head first towards practitioner, then slowly away.

Notes:

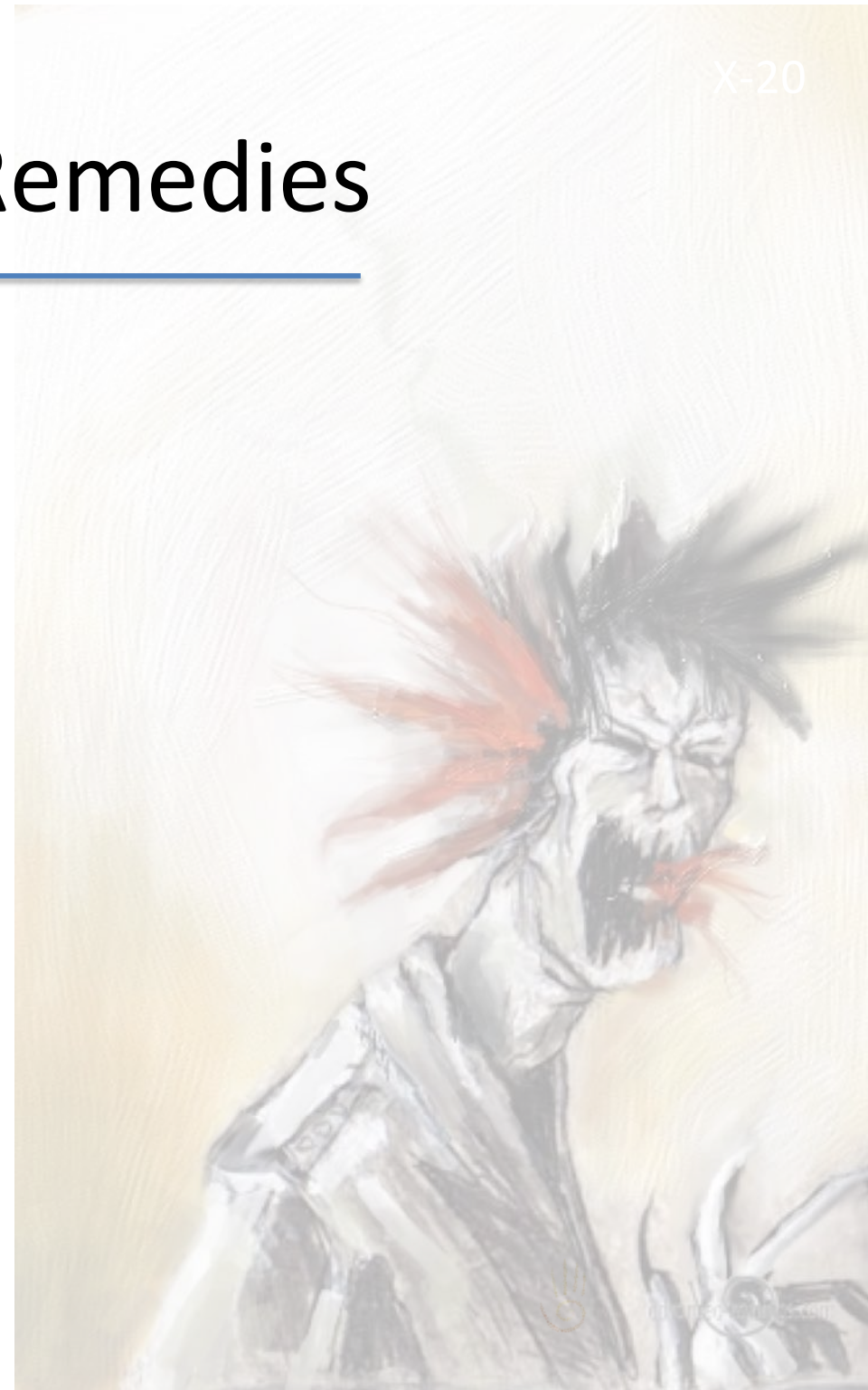
Keep neck and spine in vertical alignment.

Don't let client collapse or "muscle through" the movement.

Reported Migraine Remedies

1. _____
2. _____ under
back of head
3. Ice cube or ice cream on

4. _____ (at first signs
of aura)
5. _____ avoidance



Remedios para la migraña reportados

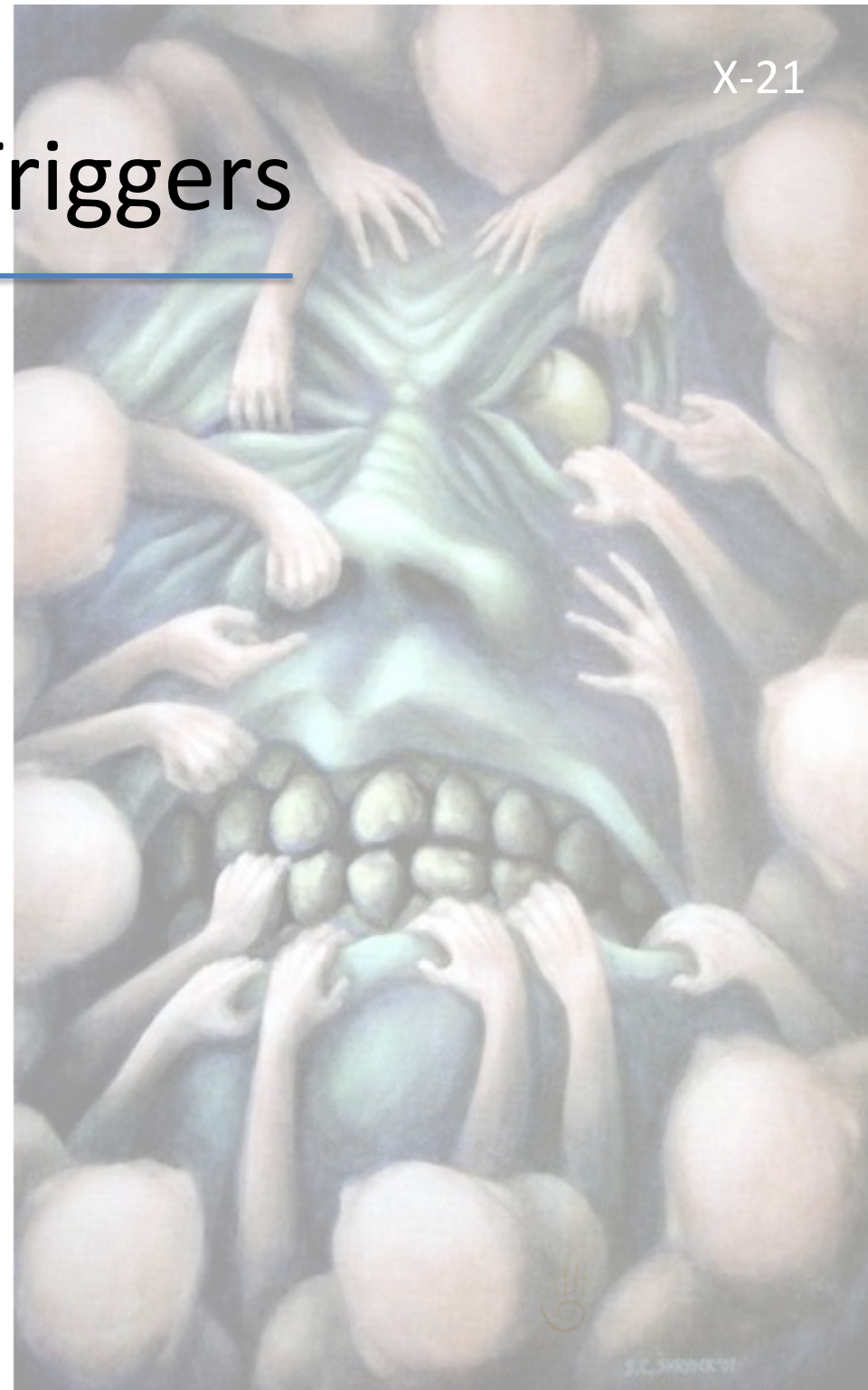
1. Trabajo _____

2. _____ debajo de
la nuca o cabeza
3. Cubitos de hielo o helado
en _____
4. _____ (ante los
primeros signos de aura)
5. Evitación de _____



Reported Migraine Triggers

1. _____
2. _____, _____
disruption
3. _____ caffeine or
alcohol use
4. _____
5. Certain _____
6. Overly bright or
_____ lights



Desencadenantes de migraña reportados

1. _____
2. _____, interrupción del _____
3. Consumo _____ de cafeína o alcohol
4. _____
5. Ciertos _____
6. Luces demasiado brillantes o _____



Migraine Headache Protocol

- Structure by structure, map out areas of headache sensitivity or 1. _____.
- Look for placement, pressure, direction, or duration that 2. _____ headache pain.
- Encourage client 3. _____; breathe; relax.

Protocolo de migraña

- Estructura por estructura, trace las áreas de sensibilidad o donde se encuentre
1. _____ del dolor de cabeza.
- Busque la ubicación, la presión, la dirección o la duración que
2. _____ el dolor de cabeza.
- Ayude al cliente a que le 3. _____
a usted; respire; relajese.

ANSWER KEYS / CLAVES DE RESPUESTA

D. CRANIAL CORE SEQUENCE

Goals:

- Assess and 1. normalize any 2. sensitivity or mobility restrictions of the intra-cranial 3. neuro-fascial and articular structures;
- 4. Integration and completion.

Indications:

- Headaches, especially 5. neurogenic or sinus;
- Facial or 6. dental trauma.

X-20 Reported Migraine Remedies

1. Hands-on Bodywork
2. Ice pack under back of head
3. Ice cube or ice cream on roof of mouth
4. Caffeine (at first signs of aura)
5. Trigger avoidance

X-21 Reported Migraine Triggers

1. Stress
2. Fatigue, sleep disruption
3. Regular caffeine or alcohol use
4. Hunger
5. Certain foods
6. Overly bright, florescent, or flashing lights

Migraine Headache Protocol

- Structure by structure, map out areas of headache sensitivity or 1. relief.
- Look for placement, pressure, direction, or duration that 2. relieves headache pain.
- Encourage client to 3. direct you; breathe; relax.

D. SECUENCIA DEL NÚCLEO CRANEAL

Metas

- Evaluar y 1. normalizar cualquier 2. sensibilidad o restricción en la movilidad de las estructuras intracraneales 3. neurofasciales y articulares;
- 4. Integración y finalización.

Indicaciones:

- Dolores de cabeza, especialmente 5. neurogénicos o sinusales;
- Trauma facial o 6. dental.

X-20 Remedios para la migraña reportados

1. Trabajo corporal manual
2. Bolsa de hielo debajo de la cabeza
3. Cubitos de hielo o helado en el paladar
4. Cafeína (ante los primeros signos de aura)
5. Evitación de desencadenantes

X-21 Desencadenantes de migraña reportados

1. Estrés
2. Fatiga, interrupción del sueño
3. Consumo regular de cafeína o alcohol
4. Hambre
5. Ciertos alimentos
6. Luces demasiado brillantes, fluorescentes o intermitentes

Protocolo de migraña

- Estructura por estructura, trace las áreas de sensibilidad o donde se encuentre 1. alivio del dolor de cabeza.
- Busque la ubicación, la presión, la dirección o la duración que 2. alivie el dolor de cabeza.
- Ayude al cliente a que le 3. dirija a usted; respire; relajese.

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.

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.