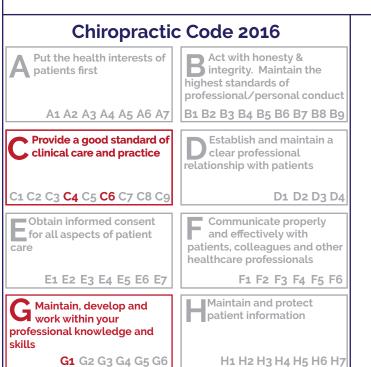
CPD EVENT RECORD MYOGENIC HEADACHES

Recording: Learning by Oneself

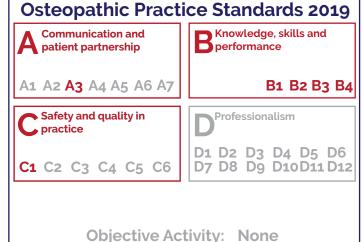
with Dr Robert Gerwin

Summary

This discussion covered the evidence, much of it very recent, for the connection between headaches and myofascial trigger points. Migraine, Tension Type Headaches and cervicogenic headaches were included, and possible mechanisms for formation of trigger points and production of symptoms were proposed. It was interesting to note that dry needling gave rise to similar relief compared with injection of anaesthetic. Contributory factors, such as iron deficiency, forward head posture, hypermobility and TMJ dysfunction were also discussed.







Evaluation, Reflection and Impact on Practice

Headaches are prevalent and I felt there was a need understand recent evidence for treatment protocols in order to ensure I can not only offer the best care to my patients, but also explain the rationale behind treatment properly.

Confirmation

Communication & Consent: No

I confirm that this is an accurate reflection of my learning during this event.

Signed	:	 	 	 _	 _	 	 	_	_		_	 	_	