

ACUPUNCTURE IN MANAGEMENT

OF TENSION HEADACHES

AND MIGRAINE

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Introduction

"Consider a course of up to 10 sessions of acupuncture over 5-8 weeks for the prophylactic treatment of chronic tension-type headache." (NICE 2012)

This is a theoretical and practical course designed in two parts:

Part I

Exploring the use of Trigger Point acupuncture to reduce pain and restore function in a myofascial presentation of tension-type headache (TTH). Practical needling and the development of clinical protocols will be used to achieve effective management of tension headache with a myofascial presentation. There will be a review of recent research advances in the field of neural inhibitory mechanisms, myofascial pain physiology and acupuncture research, incorporating the work of Gerwin (1997) and Travell and Simons (1992) and exploring physiological mechanisms of dorsal horn and descending acupuncture inhibitory mechanisms.

Part II

Part II explores the management of migraine with traditional Chinese acupuncture (TCA) within a Western pain management model addressing systemic, hormonal and stress-induced migraine. The course will also explore the use of acupuncture for systemic balance of homeostasis in the management of more complex migraine presentation (Ying et al 2009; Wang et al 2011)

This course will provide participants with the following learning outcomes:

1. An understanding of myofascial pain physiology and theoretical models of energy crisis, integrated hypothesis and facial, connective tissue model.
2. An overview of current evidence and research in trigger point acupuncture for TTH
3. An practical understanding of the physiological mechanisms involved in myofascial trigger point needling
4. Practical needling skills in trigger point application for myofascial headaches
5. An overview of contributory pain mechanisms in migraine encapsulating
 - homeostasis and migraine presentation
 - Hormonal migraine
 - Circulatory migraine

Time	Subject	Learning outcome
09.15	Welcome Introduction to the Course <ul style="list-style-type: none"> • Theory of Myofascial Pain • The evidence for energy crisis theory • Trigger Points 	Theory of Energy Crisis (Scott 2003) Motor End Plate dysfunction theory (Gerwin 1997; Gunn 1994) Myofascial Pain Mechanisms
10.30	COFFEE	
10.50	Practical <ul style="list-style-type: none"> • Palpation of Trigger Points <ul style="list-style-type: none"> • Head • Face • Neck Safety Issues and underlying structures	Anatomy Revision Safety Factors Needling depth and angles Safe Needling Effective needling
2.45	TEA	
3.15	An understanding of TCM model of migraine Homeostasis Hormonal imbalance Circulatory disturbances	Reflective Practice Clinical effectiveness Clinical reasoning
4.15	The management of migraine using the meridians to diagnose Practical needling Evaluation & Close	Discussion of protocols Research evidence

Suggested Pre Course Reading:

Davis et al (2008) Acupuncture for Tension-Type Headache (TTH): A meta-analysis of randomized, controlled trials. *Journal of Pain*, 9(8):667-677

Ying et al (2009) Acupuncture for treating acute attacks of Migraine: A randomized controlled trial. *American Headache Society*, 49: 805-816

Wang et al (2011) Efficacy of acupuncture for migraine prophylaxis: A single blinded, double-dummy, randomized controlled trial. *Pain*, 152:1864-1871

REGISTRATION QUESTIONNAIRE

All students are asked to complete the following form and return it to the course organiser.

Please inform the tutor of any specific learning needs before the onset of the course

Student Name	
Course Title & Dates	
Student contact address	
Student contact E-Mail	
Student contact telephone number	
HPC Number [where applicable]	
Professional Society [e.g. CSP, GOC] Number	
Details of Foundation Acupuncture Training	
Do you know of any reason that you should not receive Acupuncture needling?	
I give my consent to receive acupuncture needling from the course tutor and from fellow students under tutor supervision.	Signed