

XXXIII MANUAALISEN LÄÄKETIETEEN JA TERAPIAN LEVI-KURSSI
^{33rd}International Manual/Musculoskeletal Medicine Course
Cervicogenic Headache and Dizziness

- AIKA** su 08.04. – pe 13.04.2018
Kittilä, Hotelli Levitunturi
- JÄRJESTÄJÄ** **SMLY** - Suomen manuaalisen lääketieteen yhdistys ry
- KOULLUTTAJAT** Martin B. Josefsen, Musculoskeletal Physiotherapist, DipMPT
Deborah Falla, Professor, PhD, Physiotherapist.
Dr Jukka Pekka Kouri ja Prof Olavi Airaksinen
- OPETUSKIELI** englanti / suomi
- OSALLISTUMISMAKSU** SMLY:n ja SOMTY:n jäsen
Hinta 700 e
- OSANOTTAJAMÄÄRÄ** n. 50 maksujärjestyksessä
- ILMOITTAUTUMINEN** 28.2.2018 mennessä osoitteessa:
<https://link.webropolsurveys.com/EP/C58C8AE126211324>
- Ilmoittautuminen vahvistetaan maksamalla osallistujamaksu SMLY:n tilille FI47 8000 2904 6582 25 BIC/SWIFT: DABAFIHH.
Maksun lisätietoihin on ehdottomasti laitettava OSALLISTUJAN NIMI ja yhteystiedot.
- PERUUTUSEHDOT:** Ennen 28.2.2018 tapahtunut peruutus palautetaan, palautuksesta vähennetään käsittelymaksu 30€. Peruutuksista tämän jälkeen ei takaisinmaksua, osallistujan vaihto mahdollista.
- MAJOITUS:** Jokainen huolehtii itse majoituksestaan. SMLY:llä on kiintiö Hotelli Levitunturissa 31.1.2018 asti. Varatkaa ajoissa!

YHDYSHENKILÖ: SMLY rahastonhoitaja katja.ryynanen@rokua.com

Tentative Program:	
Sunday 08.04.2018 klo 17.00 -19.00 Welcome and Course interview/Chair of FAMM Dr Olavi Airaksinen.	
17.00 - 19.00	Course introduction, chairman SMLY Olavi Airaksinen
Monday 9.4.	Practical Workshop Dr Jukka Pekka Kouri and Prof Olavi Airaksinen
08.30 - 10.30	Pain Management – general principles and UPDATE of clinical Practice guidelines

	<ul style="list-style-type: none"> - the role of medication – paracetamol/NSAIDS vs opioids - Injections - Cryotherapy - substitutes - Exercise
10.30 - 11.00	Coffee Break
11.00 - 12.00	Pain Management – general principles and UPDATE of clinical Practice guidelines continues..
17.00 - 19.30	UPDATE of Osteoarthritis therapies Practical session: Patient examples and injection Demos
Tuesday 10.4. MasterClass: Neck Pain, Headache and Dizziness - Assessment, diagnosis, differential diagnosis and treatment (Part 1) <i>(Deborah Falla and Martin B. Josefsen)</i>	
08.30 - 10.30	<i>Theory: Common Headache disorders and cervicogenic headache</i>
10.30 - 11.00	Coffee Break
11.00 - 12.00	<i>Theory: Cervicogenic Headache and neuromuscular dysfunction</i>
17.00-19.30	<i>Practical: Assessment and treatment of cervical neuromuscular dysfunction</i>
Wednesday 11.4.	
08.30 - 09.30	Practical: Assessment and treatment of cervical neuromuscular dysfunction (cont.)
09.30 - 10.30	Group work (case - see plan)
10.30 - 11.00	Coffee Break
11.00 - 12.00	Theory: Dizziness disorders and cervicogenic dizziness
17.00 – 18.00	Practical: Assessment and treatment of BPPV / Otholite
18.00 – 19.30	Theory: Cervicogenic dizziness: proprioception, oculomotor control and balance
Thursday 12.04.	
08.30 - 10.30	Practical: Test and training of proprioception, oculomotor control and balance
10.30 - 11.00	Coffee Break
11.00 -12.00	Practical: Palpation of the upper cervical spine
17.00 - 18.00	Theory / Practical: Screening for upper cervical arterial/ligamentous disorders (CAD/VBI/LI)
18.00 - 19.30	Practical: Cervical joint examination and treatment-segmental assessment; PAIVMs (accessory) and PPIVMs

	(physiological) techniques.
Friday 13.4.	
08.30 - 09:00	Group work day 2 (case follow up from day 1)
09.00 - 10:30	Practical: Cervical joint examination and treatment-continued (PAIVMs + PPIVMs) + combined movements.
10.30 - 11.00	Coffee Break
11.00 - 11.30	Practical: Selected neurodynamic tests
11.30 - 12.00	Practical: Combined manual techniques
17.00 - 17.45	Practical: Combined manual techniques (cont.)
17.45 - 18.30	Theory/Practical: Screening of cranial nerves / CNS
18.30 - 19.15	Case study
19.30	Closing words, chairman SMLY Olavi Airaksinen

Preparation

- Take a look at the current ICHD-II criteria regarding Migraine, Tension Type Headache and Cervicogenic Headache; [IHS-Classification Website - ICHD-II \(and ICHD III Beta for those interested\)](#).
- Bring a case from your daily practice - orally or written. The main purpose is self reflection during and after the course. Furthermore your case is useful in the planned group work and it might be highlighted during the course.

Articles for inspiration

- Hall, T. et al., 2010. Reliability of manual examination and frequency of symptomatic cervical motion segment dysfunction in cervicogenic headache. *Manual Therapy*, 15(6), pp.542–546.
- Jull, G. et al., 2007. Cervical musculoskeletal impairment in frequent intermittent headache. Part 1: Subjects with single headaches. *Cephalalgia*, 27(7), pp.793–802.
- Jull, G. et al., 2002. A randomized controlled trial of exercise and manipulative therapy for cervicogenic headache. *Spine*, 27(17), pp.1835–43; discussion 1843.
- Reid et al, 2015. Manual therapy for cervicogenic dizziness: Long-term outcomes of a randomised trial. *Manual Therapy* Feb 2015, Vol 20 issue 15, pp 148-156.

Books etc. (not obligatory)

- Jull et al, *Whiplash, Headache and Neck Pain*, 2008, Elsevier.
- Jull et al, *Grieve's Modern Musculoskeletal Physiotherapy*, 4th, 2015, Elsevier.

Other references are provided by handouts related to the presentations on the course.

Best regards Deborah Falla and Martin B. Josefsen.

Questions: mbj@rygfys.dk or mobile (+45) 61 70 66 29.

Web: www.cervicogenic.dk