

Thesis:
HOW CAN OSTEOPATHY HELP WITH
HEAD ACHES

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INTRODUCTON:

- How can Osteopathy, help with headaches?
- Causes of headaches
- Other Causes

TYPES OF HEADCHES:

- Primary & Secondary headaches seen in clinical practice & Day to Day
- Migraine Head aches
- Tension Headaches
- Exercises & Stretches
- Chronic Headaches & Daily headaches
- Cluster headaches
- Sinus headaches
- Posttraumatic Headaches

CONCLUSION:

- How can Osteopathy, help with headaches?
- Osteopathy description
- Hypothesis & concept of thesis

REFERRALS:

-<https://www.webmd.com/migraines-headaches/migraines-headaches-basics>

-<https://www.webmd.com/migraines-headaches/cluster-headaches>

-<https://www.hopkinsmedicine.org/health/conditions-and-diseases/headache/chronic-daily-headache>

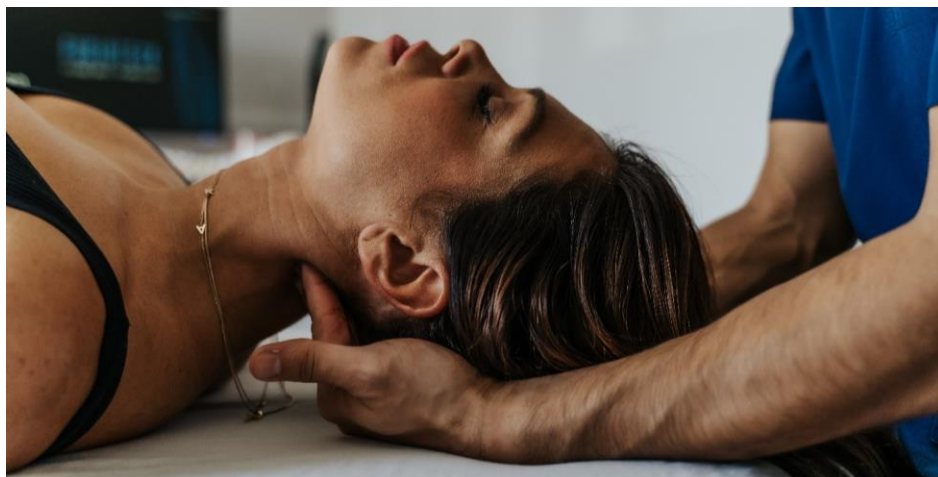
-<https://www.healthline.com/health/constant-headache#symptoms>

-<https://www.webmd.com/migraines-headaches/sinus-headaches>

INTRODUCTION:

How can Osteopathy help with headaches?

This thesis discusses the various causes & the different types of headaches, & how can osteopathy help to relieve them? Headaches can be more complex than we think. Various types seem to manifest themselves with their own symptoms. They happen for unique reasons, and need different treatments. Once you're Health Practitioner diagnosis the type of headache accruing, it facilitates the appropriate treatment, as well as prevention. Headaches have been around for a very long time. There are various reasons as to why we get them. From patient-to-patient various symptoms will manifest themselves, based on the medical history, family history, hobbies, activities, sports, and occupation. In clinical practice we see various causes that can stimulate headaches such as Compressed nerve, Compressed Vertebrae's C1- C2- C3- C4-C5 C6, Transversal Vertebrae's, Jaw bones & (TMJ) (Dealignment), & cranial bones such as: Temporal bones, Parietal bones, Occipital bone, frontal bone compressions & sinus compression can result to headache causes. Headaches also can be related to past and present injuries in this case e.g. (Head trauma/Concussions). Head aches can also be related to emotions and stressful events that can provoke anxiety & stress. It can also be caused by dehydration & poor nutrition. The pain you feel during a headache comes from a mix of signals between your brain, blood vessels, and nearby nerves. Specific nerves in your blood vessels and head muscles switch on & send pain signals to your brain. It is not clear how these signals get turned on in the first place. Headaches can also be caused by the type of occupation such as: for e.g. (Working (staring) on a computer monitor for a long period of o headache which are knows as spinal headaches, due to poor spinal fluid blood flow and Lymph.




Other Causes:

- *Illness*. This can include infections, colds, and fevers. Headaches are also common with conditions like sinusitis (inflammation of the sinuses), a throat infection, or an ear infection. In some cases, headaches can result from a blow to the head or, rarely, a sign of a more serious medical problem.
- *Stress*. Emotional stress and depression as well as alcohol use, skipping meals, changes in sleep patterns, and taking too much medication. Other causes include neck or back strain that can lead to posture alignment issues and dysfunctions.
- *Your environment*, including secondhand tobacco smoke, strong smells from household chemicals or perfumes, allergens, certain foods, stress, pollution, noise, lighting, and weather changes are other possible triggers.
- *Genetics*. Headaches, especially migraine headaches, tend to be hereditary. Most children and teens (90%) who have migraine, other family members may have them. When both parents have a history of migraines, there is a 70% chance their child inherits it. If only one parent has a history of these headaches, the risk decreases to 25%-50%.

There are over 150 types of headaches: The ones we will talk about here are the primary and Secondary ones we see the most in day-to-day.

Primary headaches seen in clinical practice & Day to Day

- Tension head aches
 - Migraine head aches
 - Causes of headaches
 - Chronic Headaches Daily headaches
 - Cluster headaches
 - Sinus headaches
- 
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Migraine Headaches

The symptoms that manifest themselves often through Migraine headaches are Sensitivity to light, noise or smells that can create nausea, vomiting, loss of appetite, upset stomach or even belly pain. They can last from 4 hours to 3 days and it can happen one to 4 times a month. Other symptoms may accrue especially with children such as:

- Change in skin color (pale)
- Dizziness
- Blurry vision
- Fever
- Upset stomach

How does Osteopathy help with Migraines?

Cranial Sacral and Visceral would be the techniques used in the Case of PTH Including Muscle energy techniques (Activation) and Passive mobilizations of the head and neck in order to stretch & create (elasticity) and release pressure off the areas compressed including the visceral/organs affiliated to the symptoms (e.g., stomach intestine and colon (digestive system), and by doing it will favour a better motility for the targeted organs (Liver diaphragm).

Various techniques through osteopathy can help sinus headaches such as: cranial therapy techniques on the head (face), releasing of the Tubular mandibular joint (TMJ) neck (Mastoids and scalenus muscles) & Maxillary sinus, releasing of the ethmoid bone, frontal sinus & eyes, via applying pressure and releasing. Here are more structures that will need to be released.

- Temporal bones
- Parietal bones
- Occipital bones
- Sphenoid bone

By doing so not only would we release pressure and tension but increase better flow and remove pressure of the sinuses. As well as eliminate metabolic waste. With osteopathic maneuvers around the TMJ, Mandibles and ligaments, it could favour a better release. Muscle

energy techniques on the exterior portion on the jaw and ocellary technique. Stretching every bone, Sutures (Squamosal suture, Lamboidal suture, sagittal suture, Frontal suture) as well as joints, ligament & muscle will create elasticity and improve fluid flow. Muscle energy techniques also can increase blood flow around the skull neck and face. By using drainage massage techniques, we can stimulate drainage along the sinus's pathways and nasal cavity.

Tension Headaches

Tension headaches are commonly known as one of the most manifesting ones. There is no exact reason as to why they accrue; however, it seems to appear, when there's stress & anxiety increases, or dehydration as well as poor nutrition tend to be part of the causes, as to why headaches accrue. Compression of the head (dura, bones, & muscles), stiffness in the neck (muscles ligaments tendons and vertebrae's (C1-C7) and jaw (TMJ, ligaments mandibles). Compression of the spinal cord can also be a reason as to why tension headaches accrue such as lack of Spinal fluid circulation, blood, lymph, & oxygen. These are all hypothesis that can be possibly seen in a clinical setting; however, it is not medically proven as to why tension headaches are caused.

How does Osteopathy help with tension headaches?

Osteopathy has various techniques that can help possibly relief tension headaches. Through Cranial sacral therapy by releasing all the structural bones such as:

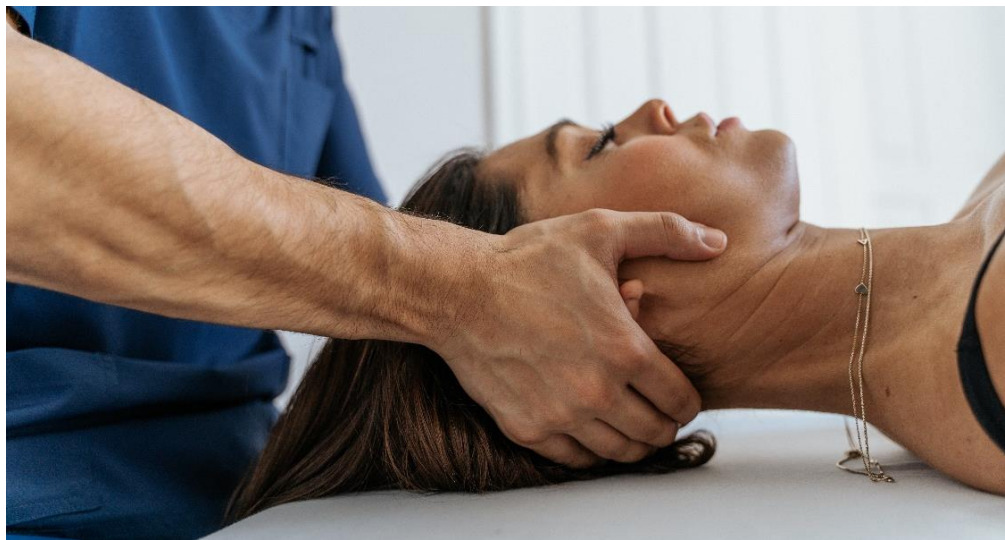
- Temporal bones
- Parietal bones
- Sphenoid bone
- Occipital bones
- Frontal bone

By doing so not only would we release pressure and tension but also we will stimulate various fluids such as Lymph blood water oxygen and spinal fluid, as well as favour better blood filtration.

Releasing the neck through Passive mobilizations techniques around C1 to C6 Vertebrae's & muscle energy techniques will create suppleness of the muscle tissue, stimulate fluid circulation. That results elasticity of the ligaments and tendons of the mastoids, scalene, levator scapulae & Superior trapezius muscle.

Another synergic area that compensates with tension headaches is the jaw. With osteopathic maneuvers around the TMJ, Mandibles and ligaments, it could favour a better release. The techniques used upon release are Mobilization, (stretching of the vertebrae's and TVP Transversal vertebrae's), Muscle energy techniques on the exterior portion on the jaw and ocellary technique.

The manual osteopath practitioner or health professional will suggest stretches and exercises in order to prevent the symptoms of tension headaches of manifesting themselves.



Chronic Headaches Daily head aches

Chronic headaches manifest themselves every day for 15 days or more per months for a duration of at least 3 months. Children and adults are prone to getting them, it can affect our daily life and activities. The term “chronic daily headache” is a rather broad and includes several different types of headaches that can occur daily in which their all mentioned in this thesis. The symptoms of constant

or chronic headaches can vary based on the location of the pain & severity of the pain; based on these factors, these are the symptoms that will manifest themselves:

- involve one or both sides of your head
- feel like a pulsing, throbbing, or tightening feeling
- vary in intensity from mild to severe

Other symptoms can include:

- nausea or vomiting
- sweating
- sensitivity to lights, sounds, or smells
- a stuffy or runny nose
- redness or tearing up of the eyes
- lightheadedness
- feeling restless or agitate

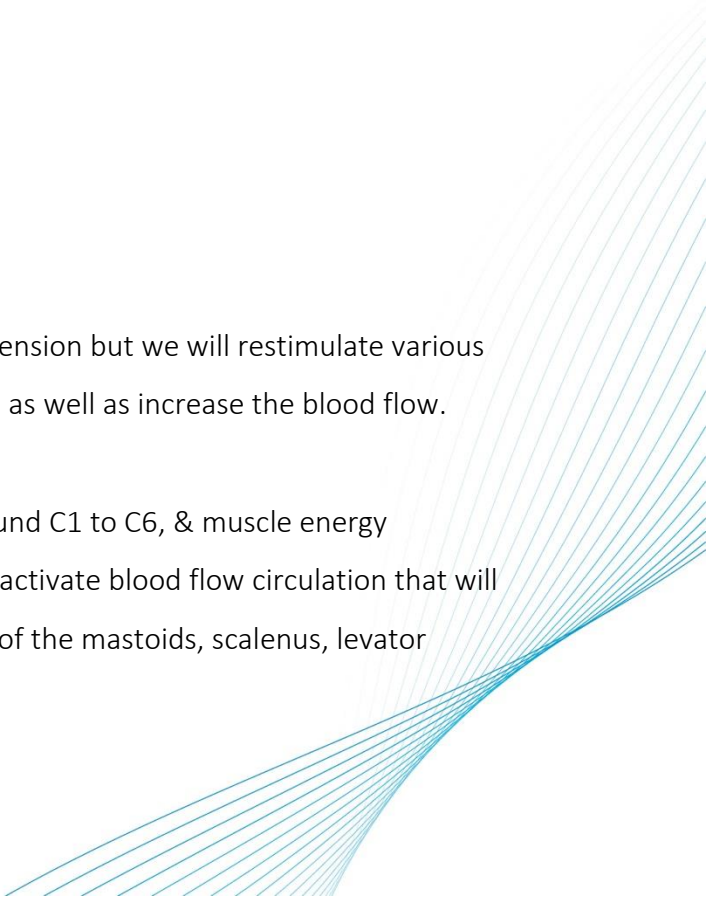
How can Osteopathy help with chronic headaches?

Osteopathy has various techniques that can help possibly relief tension headaches. Through Cranial sacral therapy by releasing all the structural bones such as:

- Temporal bones
- Peripheral bones
- Occipital bones
- Frontal bone

By doing so not only would we release pressure and tension but we will restimulate various fluids such as Lymph blood water oxygen and spinal fluid, as well as increase the blood flow.

Releasing the neck through Passive mobilizations around C1 to C6, & muscle energy techniques will create a suppleness of the muscle tissue; activate blood flow circulation that will result to creating elasticity of the ligaments and tendons of the mastoids, scalenus, levator

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scapulae and Superior trapezius muscle. Manual Osteopath practitioner would in this case, increase the quantity of sessions weekly, 2 visits per week in order to repeat the treatments. By increasing the recurrence of the treatment, we create a constancy and relieve the pains and pressures from the head, neck, back (spine), and face. Incorporating some soft tissue techniques around the back, neck, shoulders, and head can stimulate the parasympathetic system for relaxation.

Cluster headaches

Cluster headaches are the most severe. The symptoms are intense burning around the eyes or even piercing pain behind or around the eye also it can be throbbing or constant. When experiencing an attack usually people with cluster headaches will not be able to sit still, and will often pace. On the side where the pain accrues, eyelid drops and eye reddens, pupils get smaller and eye tends to tear. The nostril tends to congest or runs. They are called cluster headaches because they tend to happen in groups. You might get them one to three times per day during a cluster period, which may last 2 weeks to 3 months. Each headache attack lasts 15 minutes to 3 hours. They can wake you up from sleep. The headaches may disappear completely (your doctor will call this remission) for months or years, only to come back later. Men are three to four times more likely to get them than women) for months or years, only to come back later.

How can osteopathy help with daily headaches?

Osteopathy has various techniques that can help possibly relief tension headaches. Through Cranial sacral therapy by releasing all the structural bones such as:

- Temporal bones
- Parietal bones
- Sphenoid Bone
- Occipital bones
- Frontal bone

By doing so, it will result to releasing pressure and tension, however, we will stimulate various fluids such as Lymph, blood, water, oxygen and spinal fluid, and it will favour better blood filtration.

Releasing the neck by doing Passive mobilizations around C1 to C6 and muscle energy techniques it will create a suppleness of the muscle tissue & activate blood flow circulation in which it will create elasticity of the ligaments and tendons of the mastoids, scalene, levator Scapulae and Superior trapezius muscle. Manual Osteopath practitioner would in this case increase the quantity of sessions weekly to 2 to 3 visits per week in order to repeat the treatments. Increasing the consistency of the treatment, we create a steadiness and alleviate the pains and pressures from the head, neck, back (spine) and face. Incorporating soft tissue techniques around the back, neck, shoulders, head, it can stimulate the parasympathetic system for relief.

Sinus headaches

Sinus headaches manifest themselves within the nasal cavity through the sinuses. Weak sinuses can be a probable cause as to why sinus headaches accrue, however there are other manifestations in which sinus headaches can appear. Such as:

- A runny nose
- Feeling of fullness in your ears
- Fever
- Swelling in your face

Based on those symptoms mentioned constant pain will accrue in the cheekbones, forehead, or the bridge of your nose. The pain will increase if moving strongly your head instantly or strain.

sinuses are air-filled spaces inside your forehead, cheekbones, and behind the bridge of your nose. When they get inflamed -- usually because of an allergic reaction or an infection -- they swell, make more mucus, and the channels that drain them can get blocked. The build-up of pressure in your sinuses causes pain that feels like a headache.

How can osteopathy help with sinus headaches?

Various techniques through osteopathy can help sinus headaches such as: cranial therapy techniques on the head (face), releasing of the Temporomandibular joint (TMJ) neck (Mastoids)

and scalenus muscles) & Maxillary sinus, releasing of the ethmoid bone, frontal sinus & eyes, via applying pressure and releasing. Here are more structures that will need to be released.

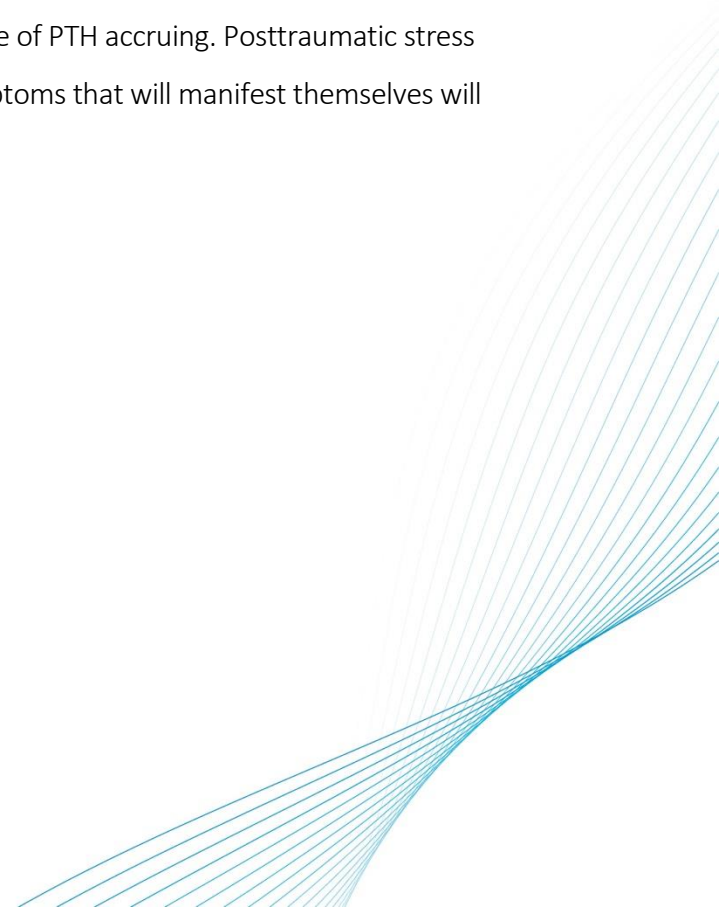
- Temporal bones
- Parietal bones
- Occipital bones
- Sphenoid bone

By releasing pressure, it will result to tension relief, better flow and decrease pressure of the sinuses and eliminate metabolic waste.

With osteopathic maneuvers around the TMJ, Mandibles, & ligaments, it could favour a better release. Stretching every bone, Sutures (Squamosal suture, Lamboidal suture, sagittal suture, Frontal suture) as well as joints, ligament & muscle will create elasticity, improve fluid flow. Muscle energy techniques also can increase blood flow around the skull, neck, and face. By using drainage techniques, we can stimulate relief along the nasal cavity & sinus pathways.

Posttraumatic Headaches

PTH is a frequent sequela of traumatic brain injury (TBI) (such as an impact to the head). It may also occur as a feature of the post-concussion syndrome symptom complex. There are so many researches done and data enter that shows the percentage of PTH accruing. Posttraumatic stress headaches can usually start 2-3 days after injury. The symptoms that will manifest themselves will be;

- A dull ache that gets worse from time to time
 - Vertigo
 - Lightheadedness
 - Trouble concentrating
 - Memory problems
 - Tiring quickly
 - Irritability to sound or light
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How can osteopathy help with sinus headaches?

Cranial Sacral and Visceral would be the maneuvers used in the Case of PTH. Other techniques may include Muscle energy techniques (Activation) and Passive mobilizations of the head and neck in order to stretch & (elasticity) and release pressure off the areas compressed including the visceral/organs affiliated to the symptoms (e.g., stomach intestine and colon (digestive system). Also, it will favour a better motility for the targeted organs (Liver diaphragm).

Various techniques through osteopathy can help sinus headaches such as: cranial therapy techniques on the head (face), releasing of the Tubular mandibular joint (TMJ) neck (Mastoids and scalenus muscles) & Maxillary sinus, releasing of the ethmoid bone, frontal sinus & eyes, via applying pressure and releasing. Here are more structures that will need to be released:

- Temporal bones
- Parietal bones
- Occipital bones
- Sphenoid bone

By doing so, it will result to less pressure of the sinuses, release tension around the head & face, increase better flow and eliminate metabolic waste. With osteopathic maneuvers around the TMJ, Mandibles and ligaments, it could favour a better release. Stretching every bone, Sutures (Squamosal suture, Lamboidal suture, sagittal suture, Frontal suture) as well as joints, ligament & muscle will create elasticity, as well as improve fluid flow. Muscle energy techniques also can increase blood flow around the skull, neck, and face. With drainage techniques, we can stimulate alleviation through the nasal cavity sinus pathways.



CONCLUSION:

Osteopathy is a Natural alternative medicine practice that involves treating the public manually & naturally through the holistic approach that implicate different techniques & manoeuvres. This hypothesises, **how can osteopathy help with headaches?** Is a concept, an idea of how Osteopathic clinical practice is performed. Throughout my Carrere as a Manual Osteopath practitioner, various people came with cases of headaches, some were milder than others were & some more frequent. There is no exact recipe as to how to treat all the various head aches mentioned in this thesis. However, through palpation, and feeling the motion of each structure and knowing the direction of movement, the physiological effects of an osteopathy treatment will release the area needed.

Osteopathy treatments are similar approaches from one to another, however, regimen still varies from patient to patient. That will be determined upon the findings, palpation, results & severity. The concepts given within this thesis are all clinical treatment experienced and observed by Oliver Mikhil manual Osteopath practitioner & PHD/DO candidate in Osteopathic clinical sciences.

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