ACUPUNCTURE IN MANAGEMENT

OF TENSION HEADACHES

AND MIGRAINE

Tutor: Jennie Longbottom MSc MMEd BSc FCSP BMAS
ACUPUNCTURE IN MANAGEMENT OF TENSION HEADACHES AND MIGRAINE

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
<table>
<thead>
<tr>
<th>Time</th>
<th>Subject</th>
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| 09.15 | Welcome | Theory of Energy Crisis (Scott 2003)  
          | Introduction to the Course  
          | Motor End Plate dysfunction theory  
          | (Gerwin 1997; Gunn 1994)  
          | Trigger Points  
          | Myofascial Pain Mechanisms |
| 10.30 | COFFEE  | |
| 10.50 | Practical | Anatomy Revision  
          | Palpation of Trigger Points  
          | Safety Factors  
          | Head  
          | Needling depth and angles  
          | Face  
          | Safe Needleling  
          | Neck  
          | Effective needling  
          | Safety Issues and underlying structures |
| 2.45  | TEA  | |
| 3.15  | An understanding of TCM model of migraine | Reflective Practice  
          | Homeostasis  
          | Clinical effectiveness  
          | Hormonal imbalance  
          | Clinical reasoning  
          | Circulatory disturbances |
| 4.15  | The management of migraine using the meridians to diagnose | Discussion of protocols  
          | Practical needling  
          | Research evidence  
          | Evaluation & Close |
**Suggested Pre Course Reading:**


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