

Newsletter – Autumn 2011

In 2011 we are making the best physiotherapy care even more available.



Extended Hours – Monday to Friday 7.30am -7pm
 To make it easy for your you to book a convenient time call 9252 5770



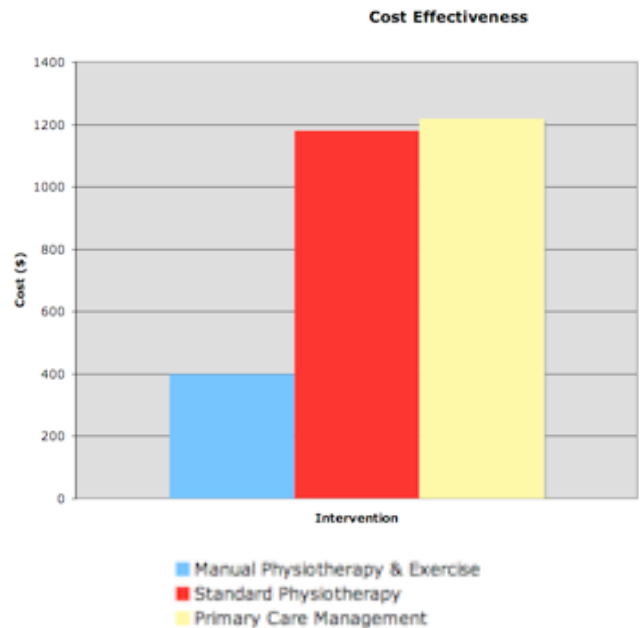
A “hotline” on 0400 838 625
 For you to call and speak with a physiotherapist



“Ask an Expert” on www.ssop.com.au
 Logon for an email response to physio-related issues

Safe and Effective Identification and Management of Cervicogenic Headache

- Accurately differentiating between cervicogenic headache, migraine without aura, tension-type headache, and multiple headache forms can be difficult
- A recent study in the Journal of Headache and Pain demonstrated that experienced examiners using the flexion-rotation test can accurately identify cervicogenic headache 85% of the time (Hall et al. J Headache Pain, 2010)
- Among patients with neck pain and headache, a combination of manual physiotherapy and exercise is more beneficial than medication, manual therapy alone, “low tech” or “high tech” exercise alone, and modalities (Hanning et al. Ann Int Med 2002, Gross et al. Spine, 2004, Koes et al. Spine, 1992)
- The beneficial effects of manual therapy and exercise continue to be observed one year later (Gross et al. Spine 2004)
- Cost-effectiveness of manual physiotherapy plus exercise for neck pain over 1 year (BMJ 2003)



Kerry Jacobs has completed extensive post-graduate education, including a Masters degree, specialising in the management of cervicogenic headache, neck pain and TMJ disorders