

Tension headache review

Define-

Tension headache

Primary headache

Secondary headache

Cervicogenic headache

Spinally mediated headache

Chronic daily headache

Episodic headache

What is the cause of a tension headache?

What are the predisposing factors?

What percentage of men, women and the population experience tension headaches?

What percentage of headache sufferers have a family history of headaches?

Describe the pain of a tension headache?

When do these headaches begin?

What is the duration of a tension headache?

- Of a chronic tension headache?

What associated symptoms can someone have with a tension headache?

- with a tension headache from sternocleidomastoid?

What are aggravating factors?

What are contraindications to a tension headache?

What could indicate meningitis?

During palpation what muscles could be hypertonic?

Sleeping in what position is avoided?

What tests are used?

When should the client be referred to a physician?

What self care would you advise?