Efficacy of cranial osteopathy on headache

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A total of 39 patients were taken in this study and they all had localised pain in their neck and Headache. Their chief complaint was localised neck pain and headache. Inclusion criteria include neck pain and headache, chief complaint less than 1 month. Exclusion criteria include radiculopathy pain, numbness and tingling paraesthesia, complain more than 1 month. By the time of their first visit they were having mild constant neck pain and headache which where made worse i.e., aggravating factor by reading or computer work and relieving factor i.e., eased by warmth. After full examination including blood pressure, pulse, sensation reflex and muscle test, all were normal other than pain on their neck and headache. Vas pain scale revealed 6 or 7 on scale. Informed consent to manual osteopathic care form was filled and signed by all 39 patients. Due to patients’ acute presentation the first treatment was osteopathic mobilization and stretching for their neck pain. It takes only 9 to 10 minutes for the session. At the second visit the patient reported that neck pain had decreased in intensity from 6 to 1 on pain scale and the muscles seemed to be somewhat looser in feel. Second day treatment consists of frontal release, suboccipital release, temporal release ear pull and CV4 techniques of cranial osteopathy. During the 24 hours followup all patient reported that they had no headache for the first time. Their symptoms returned but less severely and a treatment plan was agreed. As treatment continued they experienced increasing improvement. They all had a total of 6 to 9 visits after which their symptoms were 95% better. To conclude, results showed a significant improvement from cranial osteopathy suggesting that cranial osteopathy techniques can be considered as a valid procedure for the management of patients with headache.

Biography

Himanshu Gupta has qualified from the University of Uttarakhand with B P T in 2004 and Master of Physiotherapy in 2006 in Musculoskeletal Disorders. He then joined Netaji Subhash Chandra Bose Medical College Jabalpur in 2007 as Assistant Professor in Physiotherapy Department. He is working as a senior Physiotherapist in Dr. Himanshu Gupta Physiotherapy Centre in Jabalpur. He has also completed his D P T (Doctor in Physical Therapy) in 2015 from NUMMS Spain. He is the President of Jabalpur Association of Physiotherapy. His professional skills include musculoskeletal and orthopaedics disorders evaluation and management, injury prevention, pain management and wellness and stress management. He has trained over 900 physiotherapists in the last 9 years.

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