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## Efficacy Of Cranial Osteopathy On Headache

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**C**ranial Osteopathy – Total of 39 patients were taken in this study they all had localise pain in their neck and headache. Their chief complain was localise Neck pain and Headache. Inclusion criteria Neck pain and Headache. Chief complain less than 1 month. Exclusion criteria Radiculopathy pain Numbness tingling paraesthesia. Complain more than 1 month. By the time of their first visit they were having mild constant Neck pain and Headache which were made worse ie aggravating factor by reading or computer work and relieving factor ie 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 reveals 6 or 7 on scale. Informed consent to Manual Osteopathic care: this 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. On second day treatment consisting of frontal release suboccipital release temporal release ear pull And cv 4 techniques of cranial osteopathy. During the 24 hours following all patient had no headache for the first time. Their symptoms then 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. Conclusion result showed that a significant improvement from cranial osteopathy suggesting that cranial osteopathy techniques can be considered a valid procedure for the management of patients with headache.

### Biography

Himanshu Gupta qualified from the university of Uttarakhand with B.P.T in 2004 and Master of Physiotherapy in 2006 on Musculoskeletal Disorders. He then joined Netaji Subhash Chandra Bose Medical college Jabalpur in 2007 as an Assistant Professor in Physiotherapy Department. He is working as a senior Physiotherapist in Dr. Himanshu Gupta Physiotherapy Centre in Jabalpur his home town. He completed his D.P.T i.e Doctor in Physical Therapy in 2015 at the age of 33 years 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 and Pain management, Wellness and Stress management. He has trained over 900 Physiotherapist in the Last 9 Years.

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