



Physitec

Advanced Physiotherapy

www.physitec.in

Patient Education Series – Headache

A **Headache**, also known as **Cephalalgia**, is the symptom of pain in the face, head, or neck. Commonly **two types**:

- **Primary Headache**

- Migraine
- Tension type Headache
- Trigeminal autonomic cephalalgias
- Other primary headache disorders
 - Due to cough, physical activity, exertion, sexual activity
 - Due to cold, external pressure
 - Epicranial headache
 - Others like hypnic and daily persistent

- **Secondary Headache**

- Headache attributed to trauma or injury to the head and/or neck
- Headache attributed to cranial and/or cervical vascular disorder
- Headache attributed to non-vascular intracranial disorder
- Headache attributed to a substance or its withdrawal
- Headache attributed to infection
- Headache attributed to disorder of homoeostasis
- Headache or facial pain attributed to disorder of the cranium, neck, eyes, ears, nose, sinuses, teeth, mouth or other facial or cranial structure
- Headache attributed to psychiatric disorder

Below is the **Visual Aura Table**: Patient can match how the type of Aura (Unpleasant sensation with visual disturbances during Migraine) they experience during their Migraine Headache with the picture below (P – 2).

Among the above types of Headaches, **few types** of Headaches **respond** fantastically with **skilled Physiotherapy**. **Benign Paroxysmal Vertigo (BPV)** can be an associated feature of Headache which can also be managed by **Vestibular Rehabilitation in Physiotherapy**.

Visual aura table

Images by Michele Viana and NorHead - Norwegian Center for Headache Research



Note that some visual disturbances have been represented in all visual field for an explanatory reason, although typically they involve just a part of it.