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CANADA

CASE CONVERSATIONS; Headaches Mini-Series Patient Cases

Session 052201-3 is a special mini-series focusing on headaches with the help of Audrey Long of Calgary, Alberta; a Physiotherapist, MDT Diplomat, a Canadian recognized Specialist MSK in Calgary Canada, as well as faculty for the McKenzie Institute Canada. Audrey is also a published author, most notably for the "Does it matter which exercise? A randomized control trial from 2004. This series is brought to you as a joint effort with the McKenzie Institute Canada and we're pleased to offer these three cases to MI Canada's PRO/PLUS Plan members. Audrey shares 3 separate headache cases with separate and unique aspects to each.

In the first case Audrey shares a 41-year-old female with the primary complaint of neck pain. She was a familiar patient to Audrey, in for a "tune up." Audrey heard from her that she had headaches, however they were initially reported as "rare." Audrey touches on her interpretation when this patient shows some loss of motion and symptoms with one direction of rotation and the opposite with lateral flexion in terms of how she's seen that consistent with upper cervical versus mid or lower. She talks briefly about her look at the thoracic extension and then shifts on visit two and beyond with this unilateral headache and her observations and patient response, including necessary sagittal plane and an uncommon lateral force, through to a successful outcome.

In the second case Audrey shares a 54-year-old female with the primary complaint of headache. Audrey touches on the reductive load which elicited a relief and how she progressed the force. She also compared this patient's response to more common loading strategies she sees with other headache cases and walks us through all four visits required to complete this course of care to a successful outcome.

And finally, in the third case Audrey shares, Darryl, a 52-year-old male with severe headaches and other symptoms including different types of headaches along with dizziness and vertigo. Audrey shares his report of symptoms consistent with "Alice in Wonderland" syndrome, his report of Serotonin syndrome, her reasoning in prioritizing one complaint over another, how she interpreted his initial response through repeated movements and sustained position and why she didn't push to increase the load early on when he began to describe a slight improvement. She also walks us through careful and slow and steady changes and her education she provided so he was equipped to know what response he should expect or might see. Her thought process through deciding to stay in the sagittal plane versus going lateral. She mentions a migraine tracking app he used and how that helped them both appreciate changes over time which can be a challenge to appreciate when symptoms are highly variable day to day or hour to hour. More than any fancy or sophisticated or unique loading strategy, Audrey illustrates, through Darryl's case, how standard MDT loading strategies and proper adherence to McKenzie principles can take a patient with life-paralyzing symptoms and aid them to achieve their goals!

How Do You Gain Access?

Eligibility: Access to the Mechanical Care Forum headache case mini-series will be made available free of charge to members with a PRO Plan or a D Plus Plan. **Starting on June 29th**, a link to access the headache cases mini-series will be provided for PRO PLAN and D PLUS Plan members in the Resource Centre landing page available after logging on to the McKenzie Canada website. Plan benefits include course and workshop discounts, direct links to your clinic website for Credentialed clinicians that are CCES compliant and now access to this mini-series of cases offered by Mechanical Care Forum. Don't have a PRO or D PLUS Plan? Simply, click on the link below to learn more about the other benefits provided and sign up today!

[MICanada PRO/PLUS Plans](#)