

Referencer

Evidensbaseret
praksis-artikel
Fysioterapeuten
#4, 2024

Af



LASSE KILDEVÆLD

Fysioterapeut
Master i
Hovedpinesygdomme
Watson Headache
Certified Practitioner
Aarhus Hovedpineterapi

×



BJARNE
KJELDGAARD
MADSEN

Fysioterapeut,
cand. scient, ph.d.
Dansk Hovedpinecenter,
Rigshospitalet, Glostrup

Spændingshovedpine kan reduceres med manuel behandling og træning

- 1 **Hvad kendetegner personer, der aldrig har hovedpine?** | Nationalt Videnscenter for Hovedpine. Link: videnomhovedpine.dk/hvad-kendetegner-personer-der-aldrig-har-hovedpine
- 2 Steiner TJ, Birbeck GL, Jensen R et al. **The global campaign, world health organization and lifting the burden: collaboration in action.** J Headache Pain. 2011 Jun;12(3):273-4.
- 3 Lyngberg AC, Rasmussen BK et al. **Has the prevalence of migraine and tension-type headache changed over a 12-year period? A Danish population survey.** Eur J Epidemiol. 2005;20(3):243-9.
- 4 Li XY, Yang CH, Lv JJ et al. **Global, regional, and national epidemiology of migraine and tension-type headache in youths and young adults aged 15-39 years from 1990 to 2019: findings from the global burden of disease study 2019.** J Headache Pain. 2023 Sep 18;24(1):126.
- 5 Ashina S, Mitsikostas DD, Lee MJ et al. **Tension-type headache.** Nat Rev Dis Primers. 2021 Mar 25;7(1):24.
- 6 Cassidy EM, Tomkins E, Hardiman O et al. **Factors associated with burden of primary of headache in a specialty clinic.** Headache. 2003 Jun;43(6):638-44.
- 7 Rasmussen BK. **Epidemiology and socio-economic impact of headache.** Cephalalgia. 1999 Dec;19 Suppl 25:20-3.
- 8 Linde M, Gustavsson A, Stovner LJ et al. **The cost of headache disorders in Europe: The Eurolight project.** Eur J Neurol. 2012 May;19(5):703-11.
- 9 Monginia F, Rotaa E, Deregibusa A et al. **Accompanying symptoms and psychiatric comorbidity in migraine and tension-type headache patients.** J Psychosom Res. 2006 Oct;61(4):447-51
- 10 Mitsikostas DD, Thomas AM. **Comorbidity of headache and depressive disorders.** Cephalalgia. 1999 May;19(4):211-7
- 11 Bendtsen L, Ashina S, Moore A, Steiner TJ. **Muscles and their role in episodic tension-type headache: implications for treatment.** Eur J Pain 2016 Feb;20(2):166-75.
- 12 Beier D, Tomasdottir H, Wurtzen H et al. **National klinisk retningslinje for ikke-medicinsk behandling af hovedpine-sygdomme.** 2021.
- 13 Bendtsen L, Aegidius K, Amin FM et al. **Referenceprogram. Diagnostik og behandling af hovedpinesygdomme og ansigtssmerter.** Dansk Hovedpine Selskab. 2020
- 14 Ashina M, Bendtsen L, Jensen R. **Muscle hardness in patients with chronic tension-type headache: relation to actual headache state.** Pain. 1999 Feb;79(2-3):201-5.
- 15 Luedtke K, Boissonnault W, Caspersen N et al. **International consensus on the most useful physical examination tests used by physiotherapists for patients with headache: A Delphi study.** Man Ther. 2016 Jun;23:17-24.
- 16 Castien R, Duineveld M, Maaskant J. **Pericranial Total Tenderness Score in Patients with Tension-type Headache and Migraine. A Systematic Review and Meta-analysis.** Pain Physician. 2021 Dec;24(8):E1177-E1189.
- 17 Olson LE, Millar AL, Dunker J. **Reliability of a clinical test for deep cervical flexor endurance.** J Manipulative Physiol Ther. 2006 Feb;29(2):134-8.

Referencer.

Spændings- hovedpine kan reduceres med manuel behandling og træning

- 18 Hall T, Briffa K et al. **Long-Term Stability and Minimal Detectable Change of the Cervical Flexion-Rotation Test.** J Orthop Sports Phys Ther. 2010 Apr;40(4):225-9.
- 19 Watson DH, Drummond PD. **Head Pain Referral During Examination of the Neck in Migraine and Tension-Type Headache.** Headache. 2012 Sep;52(8):1226-35.
- 20 Pauw RD, Dewitte V, Hertogh WD et al. **Consensus among musculoskeletal experts for the management of patients with headache by physiotherapists? A delphi study.** Musculoskelet Sci Pract. 2021 Apr;52:102325.
- 21 Luedtke K, Allers A, Schulte LH et al. **Efficacy of interventions used by physiotherapists for patients with headache and migraine—systematic review and meta-analysis.** Cephalalgia. 2016 Apr;36(5):474-92.
- 22 Kroell LS, Callesen HE, Carlsen LN et al. **Manual joint mobilisation techniques, supervised physical activity, psychological treatment, acupuncture and patient education for patients with tension-type headache. A systematic review and meta analysis.** J Headache Pain. 2021 Aug 21;22(1):96.
- 23 Fernández-de-las-Peñas C, Cook C, Cleland JA et al. **The cervical spine in tension type headache.** Musculoskelet Sci Pract. 2023 Aug;66:102780.
- 24 Montañez-Aguilera, F J, Valtueña-Gimeno N et al. **Changes in a patient with neck pain after application of ischemic compression as a trigger point therapy.** J Back Musculoskelet Rehabil. 2010;23(2):101-4.
- 25 Moraska AF, Stenerson L, Butryn N et al. **Myofascial trigger point-focused head and neck massage for recurrent tension-type headache: A randomized, placebo controlled clinical trial.** Clin J Pain. 2015 Feb; 31(2): 159-168
- 26 Lo CN, Lim, ECW et al. **The Effectiveness of Spinal Manipulation in Increasing Muscle Strength in Healthy Individuals: A Systematic Review and Meta-Analysis.** J Manipulative Physiol Ther. 2019 Feb;42(2):148-158.
- 27 Corum M, Aydin T, Ceylan CM et al. **The comparative effects of spinal manipulation, myofascial release and exercise in tension-type headache patients with neck pain: A randomized controlled trial.** Complement Ther Clin Pract. 2021; May;43:101319
- 28 Van Ettekovén H, Lucas C. **Efficacy of physiotherapy including a craniocervical training programme for tension-type headache; a randomized clinical trial.** Cephalalgia 2006; 26:983-991.
- 29 Rendas-Baum, R, Yang, M, Varon SF et al. **Validation of the Headache Impact Test (HIT-6) in patients with chronic migraine.** Health Qual Life Outcomes. 2014 Aug 1;12:117.