

Osteopathy & Chronic Conditions

Session 1: Headaches

GROUP HANDOUTS

OSTEOPATHY AND HEADACHES

Disclaimer: Osteopathy is 100% hands-on therapy. A Manual Osteopath is NOT a Medical Doctor, and has NO competence to prescribe medication, change doses, nor interrupt it.

Summary & Tips:

Migraine:

- Main Symptoms: Throbbing/pulsing pain; one side of the head; nausea; photo/phonophobia (hypersensitivity to light/sound); aura (visual disturbance).
- Triggers: Wine; caffeine; stress; aspartame; monosodium glutamate (MSG).
- Self-treatment: breathing exercise; suboccipital muscles relaxation.

Tension-type:

- Main Symptoms: Dull pain; tightness on the forehead and the back of the head; tenderness on neck and shoulders.
- Triggers: Stress.
- Self-treatment: breathing exercise; eyeball massage; cat-cow pose; upper traps. relaxation/stretch.

Cluster-type:

*** due to its severity, symptoms should be managed prior to the exercises suggested here.**

- Main Symptoms: cyclical; sudden onset; in/around one eye; increased tearing; drooping eyelids.
- Triggers: smoking; alcohol.
- Self-treatment: breathing exercise; foam roller on the midback; eyeball massage.

Whiplash:

*** In recent injuries, it is important to rule out skull/spine fracture and intracranial bleeding.**

- Main Symptoms: headache following whiplash injury.
- Triggers: N/A.
- Self-treatment: Suboccipital relaxation; scalene stretch; upper traps. relaxation/stretch; cat-cow pose; levator scapulae stretch; neck stabilizer strengthening.

Vascular:

- Main Symptoms: crown-type headache - venous system (VS) ; pulsing temples - arterial system (AS).
- Triggers: N/A
- Self-treatment: Suboccipital relaxation (both); breathing exercise (both); scalene stretch (AS); cat-cow pose (AS); sagittal suture massage (VS).

Trigeminal Nerve:

- Main Symptoms: pain that radiates to the face/forehead, maxillary zone; and/or the jaw.
- Triggers: Stress.
- Self-treatment: breathing exercise; temporalis muscle massage.

Occipital Nerve:

- Main Symptoms: pain on the base of the skull and/or behind the ear.
- Triggers: Stress.
- Self-treatment: suboccipital relaxation; breathing exercise.

Liver-related:

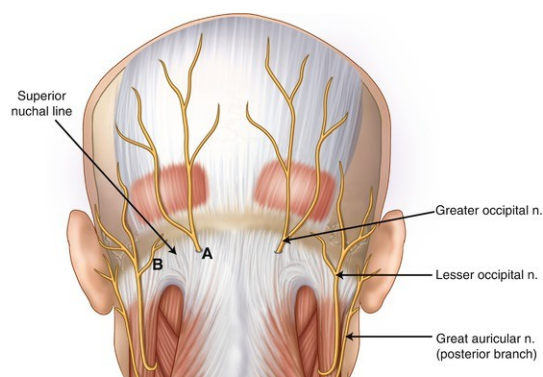
- Main Symptoms: N/A .
- Triggers: alcohol; poor diet; drugs intoxication.
- Self-treatment: liver pump.

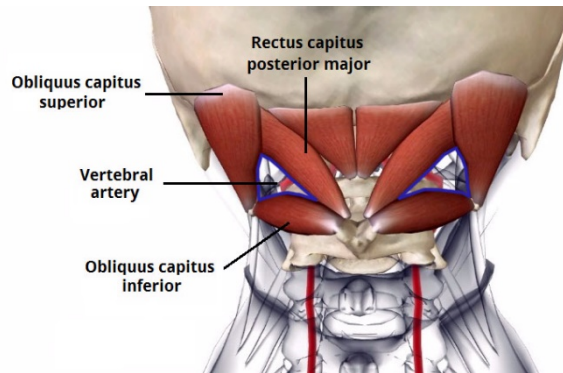
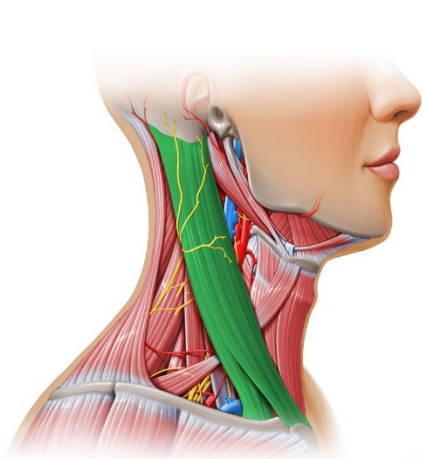
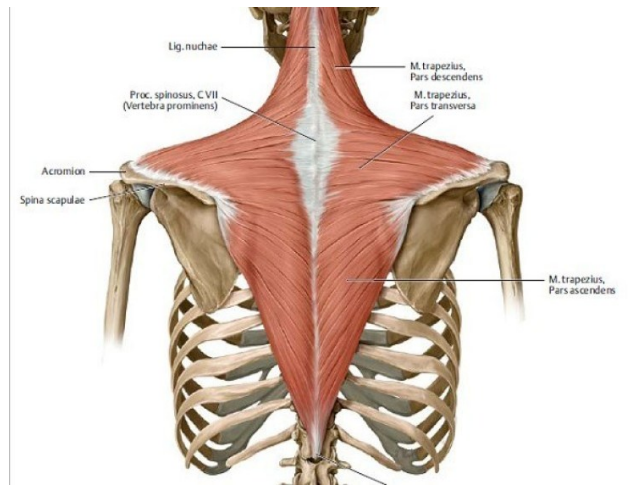
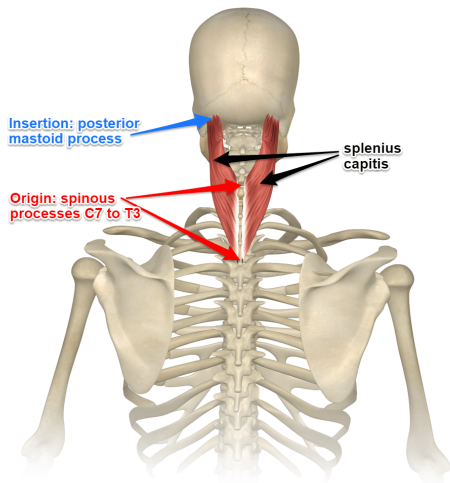
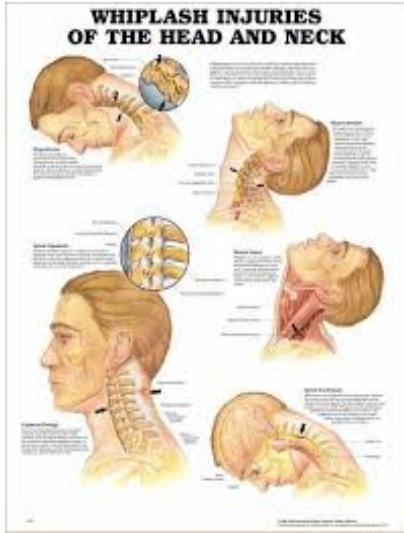
Stomach-related:

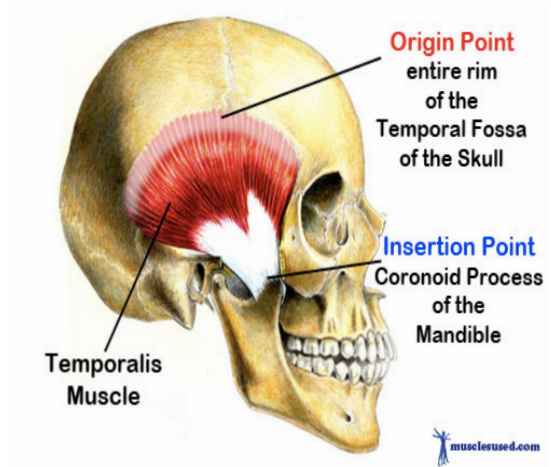
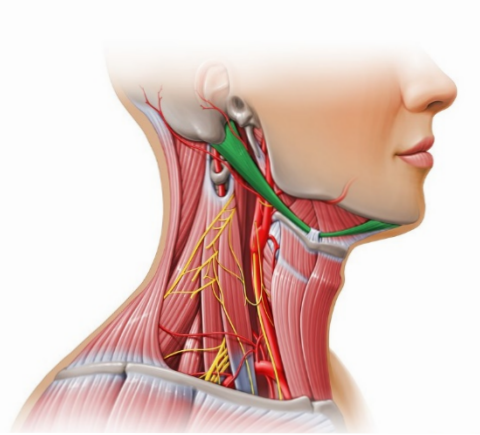
- Main Symptoms: N/A.
- Triggers: poor diet.
- Self-treatment: cat-cow pose; foam roller on the midback; diaphragm relaxation.

Exercises description; links; and diagrams:

- Cat-cow pose: <https://www.youtube.com/watch?v=kqnuarHVVA>
- Upper traps. relaxation/stretch: <https://www.youtube.com/watch?v=yhdmreZPO14>
- Temporalis: <https://www.youtube.com/watch?v=LfXUUvux02c>
- Foam roller: <https://www.youtube.com/watch?v=ofzsJBrKgx8>
- Diaphragm relaxation: <https://www.youtube.com/watch?v=Ap7UaMKj1RU>
- Levator scapulae: STATIC: <https://www.youtube.com/watch?v=Y5SAKcsUGXE>.
- Levator scapulae: ACTIVE: <https://www.youtube.com/watch?v=OwiF4Q5JJaE>.
- Scalenes: <https://www.youtube.com/watch?v=59PgZ9plSd0> .The 3rd variation shown in the video is the "must-do-it".
- Suboccipitals: roll a face towel/pillow cover; place it underneath the base of your skull; lay down on it; stay for 2-3 minutes.
- Neck stabilizer strengthening: lay down on your back; use as many pillows as needed to ensure that the muscles in the front of your neck are relaxed (with your hand feeling its tension); move your chin towards your throat SLOWLY and GENTLY, remember, if you do it quickly or vigorously, you will, most likely, be flexing the superficial muscles. hold position for 5-10 respiratory cycles 2x/day. Alternatively, you can hold the extremities of an elastic band with both of your hands while placing its middle part in the back of your neck; straight your elbow in order to increase the tension over the band; GENTLY, move your chin towards your throat to hold the position; 10 repetitions – 2x/day.
- Eyeball massage: with your first 3 fingers (thumb, index, and middle) gently grab your eyeball and gently move it up-down, and side-to-side. You can also apply a gentle pressure and release it. 1 minute on each eyeball in your bedtime. Make sure you remove your lens before it.
- Breathing exercise: lay down in a comfortable position, preferably in a dark/quiet room; mentally count to 2 while breathing in, and to 3 while breathing out. Make sure it is easy to do so (you are not supposed to feel tired or short of breath); do that as many time as you want/can during the day, but not less than 1, ok? Each time should last at least 3 minutes.
- Liver pump: place the palm of your right hand on your lower ribs (at the right side of your rib cage); press it every time you breath OUT while side-flex your trunk to the right; Repeat the procedure 10 to 12 times, 1x/day.







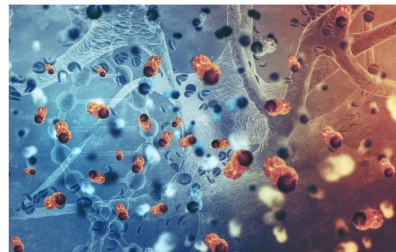
Wellness Group Medical Visits



The Long Mile:
Managing Chronic Pain

Dr. Teresa Clarke

This 10-week series will help you on your chronic pain journey. You will learn how to promote healing through integrative approaches and optimize your physical and mental well-being.



Immune Health & How to
Optimize Your Immunity

Dr. Teresa Clarke

In this session, you will learn integrative health approaches to promoting immune health. These approaches can be added to public health recommendations to reduce your risk of serious viral illness.



Acupressure for Chronic Illnesses

Dr. Teresa Clarke

In this series of three workshops, you will learn how Acupressure can be utilized in a self-treatment approach to improve wellbeing and symptom management in patients with chronic illnesses.



Osteopathy & Chronic Conditions

Fabio Bocchetti

In this series of four workshops, you will learn how Osteopathy can explain and treat several types of headaches, low back pain, knees or hip pain as well as digestive issues.

[REGISTER NOW](#)

Ask the Expert Cannabis Series

101: Cannabis Counselling & Treatment Plans

By participating you will learn about:

- The endocannabinoid system
- The differences between cannabinoids (THC & CBD)
- Routes of administration (oral oil & vaporization)
- Symptom management using cannabis
- Customized treatment plans
- How to dose your cannabis safely
- How to monitor for symptom improvements
- Acute adverse effects
- Drug interactions
- Supply options through a Health Canada licensed seller
- Cost of medication & discount programs available
- Extended health benefits & claiming as a medical expense
- Patient safety

201: Inhaled Cannabis; Dried Flower, Concentrates & Extracts

By participating you will learn about:

- The difference between smoking & vaporization
- Is vaporization safe?
- When to consider using vaporized cannabis for symptom management
- Finding the right temperature for optimal benefit
- Types & cost of vaporizers
- Choosing the best strain to vaporize (sativa, indica & hybrids)
- How to determine your optimal dose & monitoring effects
- Where am I allowed to vaporize my cannabis?
- Safe storage of vaporizer & cannabis
- Driving & travelling
- Inhaled extracts

301: Cannabis Edibles, Oral Preparations & Topicals

By participating you will learn about:

- The difference between medical & recreational cannabis
- Potential drug interactions
- Differences between cannabinoids: CBD, THC, CBN & CBG
- Edibles: oral products, beverages, chocolates, baked goods, chews & candies
- Topicals
- Onset of action
- Acute adverse effects
- Choosing a product that is right for you
- Dosing considerations
- Patient safety
- Determine your optimal dose & monitoring effects

[REGISTER NOW](#)

Post Group Resources



Facebook Group

[JOIN NOW](#)



Resources

[VIEW LEARNING CENTRE](#)



Follow Us



[@greenleafmed](#)



[@greenleafmedicalclinic](#)



Contact Us



[1-877-513-4769](tel:1-877-513-4769)



info@greenleafmc.ca



Customer Support

For immediate assistance use the live chat support on our website.

[VISIT WEBSITE](#)