



## Level 1 Foundation Headache Course

The Watson Headache® Approach is not just a series of techniques.  
It is a "precise, elegant, systematic and measurable" protocol".  
*Rod Weiland, Chiropractor, Australia (Level 1 & 2 Course Attendee)*

### Course Information:

**Title:** 'Role of C1-C3 Cervical Afferents in Primary Headache '

**Duration:** 3 days of continuing professional development

**Dates:** As notified <http://watsonheadache.com/professional-education/>

**Times:** Friday (8.30a.m. - 5p.m.), Saturday (9a.m. - 5p.m.), Sunday (9a.m. - 4p.m.)

**Location:** Sydney NSW

**Venue:** Holiday Inn, 203 Victoria Street, Potts Point

**Presenter:** Dean Watson

**Maximum Number:** 15 (please register promptly as with this number courses fill quickly)

### Payment Options for Priority Registrants:

**Option 1: Priority Registration Fee** AU\$1,297 (Saving of \$300 off the Standard Fee AU\$1,597) Payment in Full at the time of Registration, by eight weeks before the course start date

**Option 2: Early Bird Registration Fee** AU\$1,297 (Saving of \$200 off the Standard Fee AU\$1,597) Payment in Full at the time of Registration between eight weeks and by four weeks before course start date

**Option 3: 2 Part Payment Plan** AU\$1,597 (Standard Fee AU\$1,597) One payment of \$798.50 - at the time of registration and one payment of \$798.50 - 30 days later, Payment in Full one week before the course start date

**Option 4: Standard Registration** AU\$1,597 Payment in Full at time of Registration between four weeks and by one week before the course start date

### Course Pre Requisites:

a) Graduate of a Tertiary Physiotherapy, Chiropractic, Osteopathy Course

b) Holder of Professional Indemnity Insurance

c) Use Manual (palpation) Skills in current clinical context

d) Fluent in English

e) Acknowledgment of the 'Intellectual Property Notice' Document (see <http://www.watsonheadache.com/information-for-course-registrants/>)

f) Acknowledgement of the course 'Conditions of Use' Document (see <http://www.watsonheadache.com/information-for-course-registrants/>)

g) Signed Agreement (before the start of the course) to the 'Intellectual Property Notice' and 'Conditions of Use Document' (if you have any queries about any of the outlined points in these documents please forward a separate email advising this to [jane@watsonheadache.com](mailto:jane@watsonheadache.com)).

## Course Background and Aims:

### 1. Introduction and Philosophy of the Course:

This course challenges traditionally held beliefs and will change your perspective on headache and migraine. There are over 300 different types of headache described in the literature – are there 300 different causes of headache?

No. There is not a year that goes by when another headache type is recognised including 'ponytail headache', 'chewing gum headache' and 'bath-related headache'! Headache diagnosis is one of the longest lists of differential diagnosis in medicine.

This is a highly practical, interactive course based on Dean Watson's unparalleled clinical experience (see profile) and current research (and now his own ground-breaking PhD findings) in the assessment (identification of) and management of relevant cervicogenic dysfunction in primary (benign recurring) headache.

The subjective examination of headache is arguably more important than in any other musculoskeletal condition for three reasons:

- in other musculoskeletal conditions there are reproducible objective signs which can be reassessed but this is not the case in headache – there is an increased reliance on the subjective features;
- recognition of the 'Red Flags' – intracranial pathology; tumours (particularly in children) or a low volume slow leaking aneurysm which are misdiagnosed significantly – up to 60 per cent; and
- potential instability – it has been argued that at best, it is presumptive of us, and at worst dangerous, for us as manual therapists to be assessing the craniovertebral ligamentous structures; the ability to recognise instability before you lay your hands on is crucial.

Research has demonstrated that cervicogenic dysfunction exists in different headache forms but is it relevant?

Dean has developed innovative examination techniques, which not only ascertain if cervicogenic dysfunction is relevant to headache-migraine conditions but can also determine which of the spinal segments or combination thereof is responsible. This diagnostic accuracy underpins successful management.

Reproduction and lessening of headache (as the technique is sustained) is crucial otherwise a false impression may be gained. Reproduction with subsequent lessening of symptoms implies that the dysfunction is relevant (just wait until you hear about Dean's research results!) and, combined with knowledge of the relevant biomechanics and recognition of clinical patterns, it is possible to determine at a segmental level the source of the headache during a headache free period.

Are you not confident using high velocity thrust techniques in the upper cervical spine? The treatment of relevant movement abnormalities does not involve high velocity thrust techniques. This course will demonstrate assessment and treatment on participants with headache-migraine and Dean also examines three unseen patients – this brings it all together and Dean believes constitutes a superior learning experience.

The course also reviews the standard examination techniques of craniovertebral stability (and the subjective features suggestive of potential instability). Dean's experience indicates that some of the tests are gross, potentially missing some of the minor instabilities we are presented with and at worst dangerous as they are stressing (perhaps) already vulnerable structures; alternative testing which lessens the impact on possibly already compromised structures will be demonstrated and practised. Each subsequent day begins with a 30-40 minute review/consolidation exercise in which you (in groups of three) work through and practice the content of the previous day.

## 2. Aims:

- To conduct a sensitive, discerning, comprehensive and effective subjective examination;
- To improve your ability to recognise "Red flags" and potential instability;
- To improve your ability to identify relevant segmental (CO-C3) dysfunction;
- To improve your ability to localise which segmental level (or combination thereof) is the source of headache;
- To lessen the impact of your manual examination (and treatment) on potential craniovertebral instability;
- To provide an effective alternative (to HVTTs) for the management of upper cervical hypomobility; and
- To add another dimension to your treatment of headache.

## 3. Learning Outcomes of the Course:

On completion of the course you will be able to:

- Conduct a comprehensive, sensitive (to 'Red Flags' and potential instability) and effective subjective examination;
- Perform a responsible and sensitive (and yet arguably more effective than what is currently traditionally taught) assessment of the craniovertebral ligamentous status;
- Determine the relevancy of segmental (CO-C3) hypomobility to the headache-migraine mechanism;
- Determine which segment or segments are the source of the headache-migraine condition; and
- Treat hypomobility of the upper cervical segments without the use of HVTTs.

## 4. Structure of the Course (see also Course Program):

- The Medical Model of Headache. (Interactive Lecture) A **review of the traditional medical model** of headache and the diagnostic criteria of the 3 primary headache groups – and also how orthodox medicine views cervicogenic headache.
- 'The Sensitive New Age Migraine.'(Interactive Lecture) **What's in a diagnosis?** Diagnosis is after all based on a set of signs and symptoms, which do not give any indication as to the underlying pathophysiology. This section comprises an extensive review of the literature which supports Dean's clinical experience i.e. cervicogenic dysfunction has the potential to be involved in and is significantly underestimated in primary headache conditions. The current research into the primary headache types is presented, and which indicates that intracranial blood vessels and muscle tension are not the key players in migraine and tension-type headache respectively.
- The Subjective Examination. (Interactive Lecture) There is an increased reliance of the subjective features of headache for signs of improvement. The participants will be guided through a detailed subjective examination, **highlighting the features of 'Red Flags'** and potential instability along with those features, which are likely to be the key indicators of progress. This lecture will also involve reviewing the features of the standard headache x-ray views.
- The Anatomy and Kinematics of the CO-C3 Complex. (Lecture; as a course delegate you will receive a 2X life sized articulated model of the upper cervical spine). The relevant (to stability assessment and examination and treatment techniques) **anatomy and kinematics** will be presented as it is described in the 'ideal world' ... but we do not live in an ideal world. The issues of the considerable asymmetry, which exists in the CO-C3 complex, will be discussed.
- The Objective Examination. (Demonstration / Practical; delegates work in groups of 3 to **promote discussion / comparison of palpation findings**) and will be guided through the Objective Examination including:

- New and non aggressive assessment procedures for the craniovertebral ligamentous structures based on biomechanical principles
  - New positioning (involving retraction) procedures of the neck during headache which can determine which segment(s) are involved
  - New passive accessory and physiological vertebral examination techniques which not only confirm the relevancy of dysfunction (by reproduction and lessening of headache symptoms) to the headache mechanism but also enables isolation of the dysfunction to a specific segment/s
- Examination of three patients. (Interactive / Demonstration) Dean will examine three unseen patients, **demonstrating the Subjective and Objective examinations** and the use of the examination techniques in treatment.
  - Treatment. (Interactive Lecture / Demonstration) This section involves discussion of the examination techniques as treatment techniques; **the progression of techniques**; frequency of sessions and home strategies / exercises. Reproduction of familiar symptoms, which lessen as the technique is sustained, is paramount.

## 5. Teaching and Learning Strategies:

- Lecture
- Interactive Lectures / Group discussion
- Practical sessions with ongoing feedback from fellow delegates and coaching from Dean
- 2X life-sized articulated model of the upper cervical spine
- Extensive Manual - the course is programmed such that the lectures / interactive lectures and demonstrations prepare you for the practical component. You will work in groups of 3 ensuring feedback from an 'observer', with the articulated model and the 'patient'.

## 6. Course Numbers:

Maximum 15 (no exceptions unless Dean is assisted by an authorised Watson Headache® Institute Clinical Tutor)

## 7. Formative Assessment:

You will:

- receive feedback from fellow participants
- complete an Evaluation Questionnaire and
- also complete an 'online' multiple-choice/self assessment examination (should you wish to once available)

## 8. Your Learning Resources:

A comprehensive course manual will be issued supporting note taking.

You will also receive (Watson Headache® Institute Courses Australia Only):

- 2X life sized articulated model of the upper cervical spine • Watson Headache® Institute Retraction Strap, and 2 instructional online videos..
- 'The Power of Retraction'... not only identifying the spinal segment/s (without using your thumbs!) but also a convincing self treatment manoeuvre' and 'Assessing the Craniovertebral Ligaments Safely, Confidently & Effectively'

## Registration:

**Online** - Register to ensure a place on this internationally acclaimed course by going to...  
[www.watsonheadache.com/professional-education](http://www.watsonheadache.com/professional-education)

## What you will learn in summary and the Watson Headache® Institute's Learning Pathway:

Learn from Dean that reproducing the headache of the patient is meaningful and the key to a successful and lasting result. Not only reproduction but also lessening of the headache while a technique is sustained is fundamental to the Watson Headache® Approach. **This is an uncomplicated and very effective approach to headache assessment, management and treatment.**

This is an opportunity to begin building your professional and clinical profile in the niche market of headache and migraine and take up the opportunity to manage your CPD over the next 12 - 18 months in one of the most common conditions known to human kind - headache, including migraine.

Having attended the Level 1 you will be in a position to be offered an invitation to attend the Level 2 Consolidation Headache Course (2 days) and Level 3 Certification Course (equivalent to 4 days with assessment) in the future.

Allow a minimum of 3 – 6 months between each course level. There will be some restructuring to this program in 2016 and all previous course participants will be advised as this occurs.

## Some of the benefits gained by attending this course are:

- **A Protocol** at your fingertips to assess, treat and manage headache and the upper cervical spine
- **An Approach** using step by step diagnostic techniques to identify, through temporary reproduction and lessening of a patient's head pain, the spinal segment/s involved in headache and migraine
- **Take the Guesswork** out of who you should be treating and how to treat
- **Seamless Application** of the diagnostic techniques (with unparalleled accuracy) applied as treatment techniques (over 4 - 5 sessions)
- **Know Which Segment/s Are Involved** and be 70% - 80% of the way to successful clinical Outcomes
- **Safe and Effective Assessment** of the upper cervical spine
- **Confidence** when approaching the neck and headache
- **Increased Employment Opportunities** as courses highly valued by employers
- **A New Service** to market in your clinic/place of employment to your data base
- **Professional Differentiation** of both you and your clinic/place of employment
- **Patient List Growth** through word-of-mouth recommendations
- **Increased Remuneration** for both employees and employers
- **Being Highly Sought After** in your local market place

The Level 1 Foundation Course is underpinned by the Watson Headache® Institute's mission "**that all afflicted by the headache and migraine condition have access to a skilled assessment and management of their upper cervical spine**".

**Receive updated course content and material which will enable you to...**

1. **Conduct an effective** sensitive (to 'Red Flags' and instability) **subjective examination** and clear reassessment features.
2. **Learn** from Dean that **reproducing the headache is key** to a **successful and lasting result**. Not only **reproduction but also lessening of the headache** while a technique is sustained is fundamental to the Watson Headache® Approach. This is **an uncomplicated and very effective approach** to headache assessment, management and treatment.
3. **Perform (and understand)** a responsible and sensitive assessment of the craniovertebral ligaments thereby **lessening the impact of your manual examination** (and treatment) on potentially vulnerable structures.
4. **Identify confidently relevant segmental (CO-C3) dysfunction**; and also which segment or combination of segments is **the source of the sensitisation** underpinning the headache or process.
5. **Have an effective alternative** (to HVTTs) for the management of upper cervical hypomobility

**Promotion post course:**

You will receive a Certificate of Attendance at the conclusion of this course and this will enable you to promote yourself as having attended a Level 1 Watson Headache® Foundation Course i.e alongside your name state 'Watson Headache® Level 1 Course Attendee'. The Watson Headache® Institute will direct you in this regard 'Marketing Permission Given to Course Attendees' bearing in mind the associated trademarks and delivery of the Watson Headache® Institute's intellectual property.

Please note the associated Intellectual Property Notice on the website [www.watsonheadache.com](http://www.watsonheadache.com) as follows.

**Watson Headache® Intellectual Property Notice:**

The text **WATSON HEADACHE**, and the **head device (Logo)**, are both registered trade marks of Watson Headache® Institute Pty Ltd. The Institute is the owner of copyright in all its texts, photos, videos and other publications.

-----

**Course Participant Feedback: BEST CPD Dollar Ever Spent**

**Greg Bell, Bell Physiotherapy, Wanganui, New Zealand**

*"Can I say that your teaching has become **my most potent weapon as a physio**. Just today after his fourth session a client, a severe classic migraineur, said "my neck has never felt this good". Cheers for that. **Best CPD dollar I ever spent!** I would say in the nine years since your Auckland course I have only encountered three people I ruled out cervicogenic headache. Keep up your good works."*

-----

## **Watson Headache® Institute's Guarantee to you...**

If after you have experienced the first day of the Level 1 Foundation Course you are not 100% happy, for whatever reason, the Institute will refund your fee.

We are more than comfortable making this guarantee because of the feedback we get from participants. We know this course will change your perspective on the headache and migraine condition and how you manage the upper cervical spine.

You may be a little anxious about the value of the course. We understand this.

### **This takes the risk out of your decision.**

**Complimentary Course Bonuses:** (Valued at AU\$497.00)

**BONUS 1** 2X Life Size Neck Model & online video 'Assessing Cranio Vertebral Ligaments'

**BONUS 2** online videos Retraction Strap & online video 'The Power of Retraction'

\* Note the online videos are now available to participants attending courses outside Australia

The Watson Headache® Institute's **courses fill quickly so register now to avoid disappointment.**

We look forward to supporting you with the ongoing initiatives of the Watson Headache® Institute. Once you attend one of the Watson Headache® Institute's courses you join the Watson Headache® International Community of ...

- approximately 2,500 course attendees and
- the many people with headache and/or migraine who have sought the help of health professionals (physiotherapists, chiropractors, osteopaths and manual therapy doctors) who have attended one or more of the Watson Headache® Institute's courses.

Thank you once again for your interest in headache and migraine.