

Thérapie Manuelle pour les céphalées



Durée de la formation présentiel : 14 heures

Pré-requis : Diplôme d'Etat de Masseur-Kinésithérapeute

Formateur : Toby Hall, Kinésithérapeute, Master en Thérapie Manuelle, Doctorat

Grondin Francis, Kinésithérapeute, Certificat de Thérapie Manuelle Orthopédique, Master Msc

Modalité d'évaluation et de suivi :

Formateur et stagiaires devront procéder à l'émargements de présence par demi-journée.

Fin de formation : Evaluation de la formation par les stagiaires. Attestation de formation

Programme détaillé :

Un support de cours traduit en français illustré détaillant la présentation power point sera fournie. Ce support de court reprend les aspects théoriques, clinique et techniques du contenu de la formation. La formation se fera par des travaux pratiques et des études de cas cliniques. Le lieu de stage comprend un système de projection, d'un paper board et de tables d'examen. Un organisateur représentant l'organisme de formation sera présent tout au long de la formation pour assurer la partie logistique de la formation.

Emploi du temps et programme :

1er jour 9h00 à 12h30 : Partie théorique

- Introduction & Aperçu du cours
- Thérapie manuelle fondée sur les preuves pour les céphalées : que traiter et pourquoi : Théorie
- Examen du rachis cervical supérieur (diagnostic différentiels, mouvements combinés, mobilité passive) :
Session pratique dirigée

13h30 à 17h00 : Pratique clinique

- Examen du rachis cervical supérieur : articulaire (AP, PA, FRT), tissu neurale (SLUMP, etc) : Session pratique dirigée

2ème jour : Sessions pratiques dirigées

9h00 à 12h30 : Pratique clinique

- Examen du rachis cervical supérieur : tissu neural, fonction musculaire & contrôle-moteur
- Traitement du rachis cervical supérieur : désordres du tissu neural, mobilisations articulaires, rééducation de la fonction musculaire & du contrôle-moteur

13h30 à 17h00 : Pratique clinique

- Traitements physiques du rachis cervical supérieur
- Sessions questions-réponses
- Résumé de la formation et conclusions

Bibliographie de la formation :

Budelman, K., H. V. Piekartz, and T. Hall. 2016. "A normative study of cervical range of motion measures including the flexion-rotation test in asymptomatic children: side-to-side variability and pain provocation." *Journal of Manual and Manipulative Therapy* 24 (4): 185-191.

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Lanteri-Minet M, Massiou H, Nachit-Ouinekh F, et al. The GRIM2005 study of migraine consultation in France I. Determinants of consultation for migraine headache in France. *Cephalalgia*. 2007;27:1386-1397.

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