

This bachelor thesis is written in form of background research. The aim of this study was to summarize types of myofascial headaches, causes and treatment options in the field of physical therapy.

This thesis focuses as well on comparison of recent foreign scientific studies concerned with nonpharmacological treatment of headaches in general.

First part of the thesis describes forms of headaches, mostly treatable with physical therapy. One chapter is dedicated to myofascial trigger points.

In the other part physical therapy treatments are explained and compared individually, enumeration of physical therapy techniques, which are used and significantly effect live in treatments of headaches as migraine, tension type headache and cervigenic headache.