

Abstract

Title: Effect of proprioceptive neuromuscular facilitation on strengthening of deep neck flexors in patients with cervicogenic headache

Objectives: The aim of this diploma thesis is to investigate the effectiveness of proprioceptive neuromuscular facilitation on relieving or reduction headaches in patients diagnosed with cervicogenic headache.

Methods: This is a pilot study involving 10 patients diagnosed with cervicogenic headache in the age range of 23-41 years. Patients participated in proprioceptive neuromuscular head and neck therapy, which took place 3 times per week for 5 weeks. Patients on the first and last therapy completed the Neck Disability Index, the measurements were done twice a week. It was a measurement of performance index of deep neck flexors by means of a craniocervical flexion test and evaluation of pain on visual analogue scales. The statistical method - paired t-test was used to analyze the obtained data.

Results: The results of this thesis show that proprioceptive neuromuscular facilitation therapy is effective in elimination or reduction of headaches in patients diagnosed with cervicogenic headache.

Keywords: cervicogenic headache, proprioceptive neuromuscular facilitation, craniocervical flexion test, Neck Disability Index, physiotherapy