

# pericranial tenderness assessment test

## Pericranial Tenderness Assessment Test: Understanding Its Role in Headache Diagnosis

**pericranial tenderness assessment test** is a valuable clinical tool used by healthcare professionals to evaluate the sensitivity and pain response of the muscles and soft tissues surrounding the skull. This test plays a crucial role in diagnosing various headache disorders, especially tension-type headaches, which are often characterized by muscle tightness and tenderness around the head. Understanding how this assessment works and what it reveals can offer important insights into the nature of a patient's headache and guide effective treatment strategies.

## What Is Pericranial Tenderness?

Pericranial tenderness refers to the pain or discomfort experienced when pressure is applied to the muscles and fascia around the cranium. These muscles include the temporalis, frontalis, occipitalis, and other associated soft tissues. Tenderness in these areas is often a hallmark of muscle tension or inflammation, which can contribute to headache symptoms.

This tenderness is not just a vague feeling of discomfort; it can be objectively evaluated through specific clinical tests. The pericranial tenderness assessment test helps clinicians identify the presence and severity of muscle sensitivity, providing clues about underlying headache mechanisms.

## The Importance of the Pericranial Tenderness Assessment Test in Headache Diagnosis

Headaches can stem from a variety of causes, including neurological disorders, vascular issues, or musculoskeletal problems. Among these, tension-type headaches are one of the most common and are frequently associated with increased muscle tension in the pericranial region. The pericranial tenderness assessment test is particularly useful in distinguishing tension-type headaches from other headache forms like migraines or cluster headaches.

It allows clinicians to:

- Detect muscle hyperalgesia (increased sensitivity to pain).
- Assess the distribution and intensity of tenderness.
- Monitor changes over time or in response to treatment.

By evaluating these factors, healthcare providers can tailor therapies that specifically target muscle tension, such as physical therapy, trigger point injections, or relaxation techniques.

## How Is the Pericranial Tenderness Assessment Test Performed?

The test is straightforward but requires a systematic approach to ensure accurate results. During the examination, the clinician palpates various muscle groups around the head and neck, applying consistent pressure to detect tenderness.

### Common Muscle Groups Assessed

- **Temporalis Muscle:** Located on the sides of the head above the ears.
- **Frontalis Muscle:** Across the forehead.
- **Occipitalis Muscle:** At the back of the skull.
- **Masseter Muscle:** Along the jawline.
- **Sternocleidomastoid Muscle:** Running along the side of the neck.

### Step-by-Step Procedure

1. The patient is seated comfortably with the head supported.
2. The clinician uses their fingers to apply gentle but firm pressure to each muscle group.
3. The patient is asked to report any pain, tenderness, or discomfort during palpation.
4. The clinician notes the intensity and location of tenderness, often rating it on a scale from 0 (no tenderness) to 3 (severe tenderness).
5. The process is repeated bilaterally for comparison between the left and right sides.

This methodical approach helps in mapping areas of increased sensitivity, which may correlate with the patient's headache pattern.

# Interpreting the Results of the Pericranial Tenderness Assessment Test

A positive pericranial tenderness assessment test indicates the presence of heightened muscle sensitivity, which is commonly associated with tension-type headaches. However, interpretation requires careful consideration of the patient's overall clinical picture.

## Clinical Implications of Tenderness Scores

- **Mild Tenderness (Score 1):** May suggest early muscle strain or minimal involvement.
- **Moderate Tenderness (Score 2):** Indicates significant muscle involvement likely contributing to headache symptoms.
- **Severe Tenderness (Score 3):** Often correlates with chronic muscle tension and may require more aggressive management.

Additionally, bilateral tenderness is typical in tension-type headaches, whereas unilateral tenderness could suggest other diagnoses or localized muscle strain.

## Limitations and Considerations

While the pericranial tenderness assessment test is informative, it is not definitive on its own. Factors such as patient sensitivity, examiner pressure variability, and concurrent conditions (e.g., fibromyalgia) can influence results. Therefore, it is most effective when combined with a thorough clinical history and other diagnostic tools.

## Why Is Pericranial Tenderness Assessment Important for Patients?

For individuals suffering from frequent headaches, understanding the role of muscle tenderness can be a game-changer. Many patients are unaware that muscle tension around the head and neck could be driving their pain. The pericranial tenderness assessment test helps uncover this hidden contributor.

## Benefits of Early Detection

- **Targeted Treatment:** Identifying muscle tenderness allows for treatments like massage therapy, physical rehabilitation, or muscle relaxants.

- **Pain Reduction:** Addressing muscle tightness often leads to significant relief.
- **Preventing Chronicity:** Early intervention may prevent episodic headaches from becoming chronic.
- **Empowerment:** Patients gain insight into how posture, stress, and lifestyle affect their headaches.

## Integrating Pericranial Tenderness Assessment in a Holistic Headache Management Plan

Effective headache management often requires a multi-faceted approach. Incorporating the pericranial tenderness assessment test into routine clinical evaluations can enhance treatment personalization.

### Complementary Strategies

- **Physical Therapy:** Stretching and strengthening exercises targeting pericranial muscles.
- **Trigger Point Therapy:** Manual techniques to release muscle knots.
- **Stress Management:** Relaxation techniques to reduce muscle tension.
- **Ergonomic Adjustments:** Improving posture during work or daily activities.
- **Medications:** When necessary, muscle relaxants or analgesics.

When clinicians regularly assess pericranial tenderness, they can monitor treatment efficacy and make timely adjustments to optimize patient outcomes.

## Advancements and Research in Pericranial Tenderness Testing

Recent studies have explored objective ways to quantify pericranial tenderness beyond manual palpation. Tools such as pressure algometers provide measurable data on pain thresholds, enhancing diagnostic accuracy.

Furthermore, research into the neurophysiological mechanisms behind pericranial tenderness is shedding light on the complex interplay between muscle nociceptors and central pain processing. These insights may lead to

novel therapies that address both peripheral and central contributors to headache pain.

Understanding these developments underscores the ongoing importance of pericranial tenderness assessment in clinical practice and research.

Exploring the nuances of the pericranial tenderness assessment test reveals its valuable role in unraveling the complexities of headache disorders. For anyone dealing with persistent head pain, this simple yet insightful test offers a pathway toward better diagnosis, targeted treatment, and ultimately, improved quality of life.

## **Frequently Asked Questions**

### **What is the pericranial tenderness assessment test?**

The pericranial tenderness assessment test is a clinical evaluation used to identify tenderness or pain in the muscles and soft tissues surrounding the skull, often to diagnose tension-type headaches or other cranial conditions.

### **How is the pericranial tenderness assessment test performed?**

The test is performed by palpating specific muscle groups around the skull, such as the temporalis, frontalis, and occipitalis muscles, to check for areas of tenderness or increased sensitivity.

### **What conditions can be diagnosed using the pericranial tenderness assessment test?**

This test is primarily used to help diagnose tension-type headaches, cervicogenic headaches, and sometimes migraine, by identifying muscle tenderness that may contribute to headache symptoms.

### **Is the pericranial tenderness assessment test painful?**

The test involves gentle palpation of muscles and may cause mild discomfort or tenderness if inflammation or muscle tightness is present, but it is generally not painful.

### **Can pericranial tenderness assessment test results guide treatment?**

Yes, identifying specific tender points can help healthcare providers tailor treatments such as physical therapy, trigger point injections, or relaxation

techniques to relieve muscle tension and headache symptoms.

## **Who typically performs the pericranial tenderness assessment test?**

This test is usually performed by healthcare professionals such as neurologists, headache specialists, physical therapists, or primary care physicians trained in headache diagnosis.

## **Are there standardized scales used in the pericranial tenderness assessment test?**

Yes, some clinicians use standardized scoring systems like the pericranial muscle tenderness score (PMTS) to quantify tenderness severity and monitor treatment progress.

## **Can the pericranial tenderness assessment test differentiate between types of headaches?**

While it cannot definitively diagnose all headache types, the presence and pattern of pericranial tenderness can help differentiate tension-type headaches from migraines or other headache disorders.

## **Additional Resources**

Pericranial Tenderness Assessment Test: A Critical Tool in Headache Diagnosis and Management

**Pericranial tenderness assessment test** serves as a pivotal clinical evaluation in the realm of neurology and pain management, primarily used to identify tenderness in the muscles and soft tissues surrounding the skull. This diagnostic approach plays a crucial role in differentiating various types of headaches, particularly tension-type headaches and cervicogenic headaches, by assessing muscle sensitivity and discomfort linked to pericranial structures. Its relevance has grown alongside increasing awareness of chronic headache disorders, prompting healthcare professionals to refine both diagnostic accuracy and treatment strategies.

Understanding the nuances of the pericranial tenderness assessment test involves an exploration of its methodology, clinical significance, and implications for patient outcomes. This article delves into an analytical review of the test, examining its application, reliability, and place within comprehensive headache assessment protocols.

# **What Is the Pericranial Tenderness Assessment Test?**

The pericranial tenderness assessment test evaluates the sensitivity of muscles and soft tissues around the skull, including the temporalis, frontalis, occipitalis, sternocleidomastoid, and trapezius muscles. Clinicians perform this test by palpating these areas to detect tenderness or pain elicited by gentle pressure. The degree and distribution of tenderness often correlate with specific headache types, making the test invaluable in clinical diagnostics.

This assessment can be qualitative, relying on patient-reported pain levels during palpation, or quantitative, utilizing pressure algometry to measure pressure pain thresholds objectively. Pressure algometry provides more standardized data, enabling comparisons between patients and aiding in monitoring treatment progress.

## **The Role of Pericranial Tenderness in Headache Disorders**

Pericranial tenderness is commonly associated with tension-type headaches (TTH), which are characterized by bilateral, pressing, or tightening pain. Studies indicate that patients with chronic TTH exhibit marked tenderness in pericranial muscles compared to controls, supporting the hypothesis that muscle hyperalgesia contributes to headache pathophysiology.

Moreover, the assessment test aids in distinguishing TTH from other headache types such as migraines. While migraines primarily involve vascular and neurological mechanisms, pericranial muscle tenderness is less pronounced, which can guide differential diagnosis. In cervicogenic headaches, tenderness often localizes to the neck and suboccipital muscles, reflecting the disorder's origin from cervical spine dysfunction.

## **Methodology and Techniques in Pericranial Tenderness Assessment**

Performing the pericranial tenderness assessment test requires a methodical approach to ensure accuracy and reproducibility. The clinician typically uses a stepwise palpation of specified muscle groups while noting patient responses.

## Manual Palpation

Manual palpation involves applying consistent pressure with fingertips or the thumb over targeted muscle areas. The pressure is gradually increased until the patient reports discomfort or pain. The clinician then grades the tenderness using a standardized scale, often a four-point scale ranging from no tenderness to severe pain.

This method is advantageous due to its simplicity and immediate feedback but may suffer from subjectivity and inter-examiner variability.

## Pressure Algometry

To overcome limitations of manual palpation, pressure algometry employs an instrument that applies quantifiable pressure to the muscle. The patient signals when the sensation transitions from pressure to pain, defining the pressure pain threshold (PPT).

Advantages of pressure algometry include:

- Objective measurement of tenderness
- Ability to monitor changes over time
- Reduced examiner bias

However, access to equipment and training requirements can limit its use in certain clinical settings.

## Clinical Implications and Diagnostic Value

The pericranial tenderness assessment test is not only diagnostic but also prognostic. It assists clinicians in tailoring treatment plans based on the severity and distribution of muscle tenderness.

## Correlation with Headache Severity and Chronicity

Research demonstrates a positive correlation between the intensity of pericranial tenderness and headache frequency and severity. Patients with chronic headaches often present with lower PPTs, indicating heightened muscle sensitivity. Recognizing this relationship allows for early intervention strategies aimed at reducing muscle tension and preventing headache

chronification.

## **Guiding Therapeutic Interventions**

Identifying specific tender points guides targeted treatments such as:

- Physical therapy focusing on muscle relaxation and strengthening
- Trigger point injections to alleviate localized muscle pain
- Biofeedback and relaxation techniques to reduce muscle hypertonicity

Furthermore, repeated assessments enable clinicians to evaluate treatment efficacy objectively, adjusting interventions accordingly.

## **Limitations and Challenges**

While the pericranial tenderness assessment test holds significant clinical utility, it is not without challenges.

### **Subjectivity and Inter-Examiner Variability**

Manual palpation depends heavily on the examiner's technique and patient's pain tolerance, which may introduce variability. Standardized training and use of objective tools like algometry can mitigate these concerns.

### **Influence of Psychological Factors**

Psychosocial elements such as anxiety, depression, and pain catastrophizing can influence tenderness perception, complicating interpretation. Hence, a holistic assessment including psychological evaluation is often warranted.

### **Limited Specificity**

Pericranial tenderness may be present in multiple headache types and other musculoskeletal conditions, reducing its specificity as a standalone diagnostic marker. Integration with other clinical findings and imaging studies enhances diagnostic accuracy.

# Comparisons with Other Headache Assessment Tools

In the broader context of headache evaluation, the pericranial tenderness assessment test complements other diagnostic approaches such as headache diaries, neurological examinations, and imaging.

- **Headache Diaries:** Provide detailed patient-reported symptom patterns over time.
- **Neurological Exams:** Detect neurological deficits and rule out secondary causes.
- **Imaging:** Used when structural abnormalities are suspected.

Unlike these methods, pericranial tenderness testing offers direct insight into muscular involvement, which is crucial for mechanical and myofascial headache components.

## Future Directions in Pericranial Tenderness Assessment

Advancements in technology and research promise to refine pericranial tenderness evaluation. Emerging tools incorporating digital palpation sensors and enhanced pressure algometers aim to improve measurement precision. Additionally, integrating pericranial tenderness data with neuroimaging and biomarkers could deepen understanding of headache pathophysiology.

In clinical practice, multidisciplinary approaches combining pericranial tenderness assessments with physical, pharmacological, and behavioral therapies are gaining traction, emphasizing personalized medicine principles.

The pericranial tenderness assessment test remains a fundamental yet evolving component in headache diagnosis and management. Its capacity to reveal musculoskeletal contributions to headache syndromes underscores the importance of thorough clinical examination in delivering effective patient care. As research progresses, this test will likely become increasingly standardized and integral within comprehensive headache evaluation protocols.

## **Pericranial Tenderness Assessment Test**

**pericranial tenderness assessment test: Pain Management for Clinicians** Carl Edward Noe, 2020-05-22 This book focuses on the modern clinical management of acute and chronic pain syndromes. It not only presents information in a clinically illuminating format, but in a manner that is cognizant of the current prescription opioid epidemic. Divided into seven sections, this book covers acute pain, common pain conditions, regional pain problems, interdisciplinary evaluation and treatment, medical treatments and pain in different stages of life. Concluding with the exploration of several special topics, the last section includes an important discussion on the regulatory and legal issues in the use of controlled substances. Chapters are concise and relevant, with an emphasis on treatment based upon evidence from clinical trials and interpretation by practitioners in the field. Expertly written text is further supplemented by high-quality figures, images and tables outlining proven treatments with drug, dose or other information describing details of treatment. Timely, informative, and socially conscious, Pain Management for Clinicians: A Guide to Assessment and Treatment is a valuable reference for clinicians who manage patients with chronic and common pain problems.

**pericranial tenderness assessment test: Risk Assessment and Oral Diagnostics in Clinical Dentistry** Dena J. Fischer, Nathaniel S. Treister, Andres Pinto, 2012-11-15 Many diseases can have an impact upon oral health and/or the safe delivery of dental care. Consequently, oral health care providers need to be comfortable with assessing the risk of providing dental care to their patients with systemic disease as well as the evaluation of oral conditions that may represent manifestations or consequences of systemic disease. Risk Assessment and Oral Diagnostics in Clinical Dentistry aims to enable the dental practitioner to comfortably and capably assess when medical conditions may impact dental care and diagnose oral conditions using routine testing modalities. This clinical guide contains succinct and detailed text with visual aids regarding how to obtain and perform diagnostic tests, how to interpret these tests, and the implications of tests results upon the management of medically complex dental patients and patients with oral conditions. Color photographs show conditions, testing equipment, and test results. An appendix highlights the ten most common oral medicine disorders encountered in dental practice.

**pericranial tenderness assessment test: Umphred's Neurological Rehabilitation - E-Book** Rolando T. Lazaro, 2025-12-03 **\*\*Selected for 2025 Doody's Core Titles® in Physical Medicine and Rehabilitation\*\*** Develop essential problem-solving strategies for providing individualized, effective neurologic care! Under the leadership of Rolando Lazaro, Umphred's Neurological Rehabilitation, Eighth Edition, covers the therapeutic management of people with activity limitations, participation restrictions, and quality-of-life issues following a neurological event across the lifespan. This comprehensive reference provides foundational knowledge and addresses the best evidence for examination tools and interventions commonly used in today's clinical practice. It applies a time-tested, evidence-based approach to neurological rehabilitation that is perfect for both the classroom and the clinic. - NEW! Content addresses the movement system and clinical practice guidelines - NEW! Two new chapters on special focus topics explore COVID-19 and reframing selected intervention strategies - NEW! Content explores COVID-19 as it relates to the neurologic system - NEW! Enhanced ebook version, included with every new print purchase, features videos and appendices and supplemental content for select chapters, plus digital access to all the text, figures, and references, with the ability to search, customize content, make notes and highlights, and have content read aloud - UPDATED! Coverage focuses on linking evidence-based examination and intervention tools - Comprehensive coverage offers a thorough understanding of all aspects of neurological rehabilitation across the lifespan — from pediatrics to geriatrics - Expert authors and editors lend their experience and guidance for on-the-job success - UNIQUE! Section on neurological problems accompanying specific system problems includes hot topics such as poor vision, vestibular dysfunction, dementia and problems with cognition, and aging with a disability - Problem-solving

approach helps you apply your knowledge to examinations, evaluations, prognoses, and intervention strategies - Evidence-based research sets up best practices, covering topics such as the theory and practice of neurologic rehabilitation; evidence-based examination and intervention tools; and the patient's psychosocial concerns - Case studies use real-world examples to promote problem-solving skills - Terminology adheres to best practices, following The Guide to Physical Therapy Practice and the WHO-ICF World Health model

**pericranial tenderness assessment test:** The 5-Minute Clinical Consult 2013 Domino, Robert A. Baldor, 2012-05-01 The 5-Minute Clinical Consult 2013 Standard Edition provides rapid-access information on the diagnosis, treatment, medications, follow-up, and associated conditions of diseases and conditions. Organized alphabetically by diagnosis, this best-selling clinical reference continues to present brief, bulleted points on disease topics in a consistent 3-column format. FREE 30 Day Access to 5minuteconsult.com online/mobile accompanies this textbook purchase. This trusted, evidence-based content is written by physicians to bring you the information you need fast at the point of care. Features include... More than 900 topics in print and online including over 95 new topics: Asherman Syndrome, Acute Diarrhea, Pulmonary Fibrosis, Gastric Polyp, Hand-Foot-Mouth Disease, IgA Nephropathy, Q Fever, Thymus Cancer and many more Additional 30 algorithms in print and online including Dizziness, Migraine Treatment, Rectal Pain and Vitamin D Deficiency 30 Day FREE Online Access to 5minuteconsult.com Includes... Diseases & Conditions - Thousands of bulleted topics from across our 5-Minute Series to support your patient care decisions 12-in-1 - Access to content from 12 titles (5 Minute: Pain Management, Obstetrics/Gynecology, Pediatrics, Women's Health, Orthopedic, Urology, Cardiology, Emergency Medicine and Clinical as well as Essential Guide to Primary Care Procedures, A Practical Guide to Soft Tissue & Joint Injections and Wallach's Interpretation of Diagnostic Tests Internet Point-of-Care CME - Earn CME credits as you treat your patients at no additional cost Customizable Patient Handouts - Over 1,000 handouts in English/Spanish from AAFP to help educate your patients Procedure Video - Build your skills with procedure videos and also have access to physical therapy videos Drugs - A to Z drug monographs from Facts and Comparison with patient education and interactions Algorithms - Diagnostic and Treatment algorithms linked to associated topic for quick reference Images - Provide visual guidance in areas such as dermatology, radiology etc Updates - Topics, videos, handouts, drugs and more updated on a regular basis Mobile - Web-enabled mobile access to diseases/conditions, drugs, images, algorithms and lab tests as well as updates

**pericranial tenderness assessment test:** The 5-minute Clinical Consult 2012 Frank J. Domino, Robert A. Baldor, 2011-04-01 Handbook concisely presents extensive, clinically relevant information. It is divided into sections: alphabetized table of contents, health maintenance schedules, algorithmic flowcharts for diagnosis and treatment, and summaries for over 900 conditions. Summaries comprise basics, diagnosis, treatment, ongoing care (including complications and patient education), references, readings, codes and clinical pearls.

**pericranial tenderness assessment test:** The 5-Minute Clinical Consult 2014 Frank J. Domino, Robert A. Baldor, Jeremy Golding, 2013-05-20 The 5-Minute Clinical Consult 2014 Standard Edition provides rapid-access in a quick-reference format. It delivers diagnosis, treatment, medications, follow-up, and associated factors for a broad range of diseases and conditions. Organized alphabetically by diagnosis, this best-selling clinical reference continues to present brief, bulleted information on disease topics in a consistent and reader-friendly three-column format.

**pericranial tenderness assessment test:** The 5-Minute Clinical Consult Premium 2015 Frank J. Domino, Robert A. Baldor, Jeremy Golding, Jill A. Grimes, 2014-05-06 The 5-Minute Clinical Consult Premium 2015 helps physicians and healthcare professionals provide the best patient care by delivering quick answers you can trust where and when you need it most. The 5-Minute Clinical Consult Premium 2015 provides seamless access to [www.5minuteconsult.com](http://www.5minuteconsult.com), where you'll find: 2,000+ commonly encountered diseases and disorders Differential diagnosis support from an accessible, targeted search Treatment and diagnostic algorithms More than 1,250 customizable patient handouts from the AAFP ICD9, ICD10 and Snomed Codes Procedural and physical therapy

videos Over 2,250 diagnostic images for over 840 topics ,Point-of-Care CME and CNE The 5-Minute Clinical Consult Premium 2015 provides the luxury of a traditional print product and delivers quick access the continually updated online content an ideal resource when you,,re treating patients. Written by esteemed internal medicine and family medicine practitioners and published by the leading publisher in medical content, The 5-Minute Clinical Consult Premium 2015: 1-Year Enhanced Online & Mobile Access + Print, 23e includes 1-Year access to 5minuteconsult.com.

5minuteconsult.com is the quickest, most affordable, evidence-based workflow tool at the point-of-care. What an incredible program for any health care provider involved in diagnosing and treating patients! Awesome set up, great resource. current subscriber to [www.5minuteconsult.com](http://www.5minuteconsult.com).

**pericranial tenderness assessment test: Management of Neck Pain Disorders** Gwendolen Jull, Deborah Falla, Julia Treleaven, Shaun O'Leary, 2018-07-25 Written by world renowned researchers and clinicians in the field, Management of Neck Pain Disorders provides a comprehensive insight into the nature of neck pain disorders within a biopsychosocial context to inform clinical reasoning in the management of persons with neck pain. Emphasising a patient centred approach, this book practically applies knowledge from research to inform patient assessment and management. It also provides practical information and illustrations to assist clinicians to develop treatment programs with and for their patients with neck pain. The book covers: - Current issues and debates in the field of neck pain disorders - Research informing best practice assessment and management - Biological, psychological and social features which need to be considered when assessing and developing a management program with the patient - A multimodal conservative management approach, which addresses the presenting episode of pain as well as rehabilitation strategies towards prevention of recurrent episodes. The book covers: • Current issues and debates in the field of neck pain disorders • Research informing best practice assessment and management • Biological, psychological and social features which need to be considered when assessing and developing a management program with the patient • A multimodal conservative management approach, which addresses the presenting episode of pain as well as rehabilitation strategies towards prevention of recurrent episodes.

**pericranial tenderness assessment test: The 5-Minute Clinical Consult 2011** Frank J. Domino, 2010 The 5-Minute Clinical Consult, 2011 provides rapid-access information on the diagnosis, treatment, and follow-up of over 900 medical conditions. This best-selling clinical content is accessible online with the enhanced, quarterly-updated site or on your mobile device, to ensure instant point-of-care access to information in whichever format best suits your needs. The content has been updated to include 20 new topics, more evidence-based medicine ratings, expanded clinical pearls and patient education sections, additional complementary and alternative medicine material, and updated ICD-9 codes highlighted within the text. The online content has been enhanced and now contains a better and faster search functionality providing answers in 30 seconds or less. It continues to have fully searchable content of the book with links to PubMed, plus additional topics not covered in the print book. The online content also has over 1,000 English and Spanish patient handouts from AAFP; full-color images; videos of medical procedures and physical therapy; a new dermatology library; drug databases from Facts & Comparisons including monographs, images, interactions and updates; and laboratory information from the new edition of Wallach's Interpretation of Diagnostic Tests. This content is updated quarterly with new topics, medical procedure videos, more diagnostic images, drugs, and more. You can access all your 5-Minute Consult content using any web enabled mobile device, including Blackberry, Windows Mobile, Android, Palm, Windows PC, iPhone, or iPod Touch. Begin integrating the 5-Minute content into your daily workflow today.

**pericranial tenderness assessment test: Emergency Headache** Serena L. Orr, Benjamin W. Friedman, David W. Dodick, 2017-10-26 Understand the approach to routine and rare headaches in an emergency setting, with this guide written by experts in neurology and emergency medicine.

**pericranial tenderness assessment test: Chronic Daily Headache for Clinicians** Peter J. Goadsby, Stephen D. Silberstein, David Dodick, 2005 The frequent headache syndromes are among

the most challenging disorders that confront clinicians on a routine basis. The purpose of Chronic Daily Headache for Clinicians is to provide a practical guide for clinicians to both understand and manage patients with frequent headache. The foremost clinicians in each area will review in a very focused way the diagnostic and management issues for the most important and challenging disorders that present with frequent headache. Specific types of headaches examined include Chronic Migraine, Tension-Type, Chronic Cluster, Hypnic, Low-CSF Volume, and those headaches associated with Head Trauma, among others. Chronic Daily Headache for Clinicians will bring clinical clarity to these disorders in order to be appropriately studied in terms of their primary headache biology.

**pericranial tenderness assessment test: The Headaches** Jes Olesen, 2006 Established worldwide as the one definitive, encyclopedic reference on headache, The Headaches is now in its thoroughly revised, updated Third Edition. The foremost international authorities examine the mechanisms of over 100 types of headache and provide evidence-based treatment recommendations, including extensive tables of controlled clinical trials. This edition presents the revised International Headache Society classification of headaches and explains how to use this new classification for accurate diagnosis. Many headache entities are discussed for the first time, such as chronic migraines; primary headache attributed to sexual activity; primary stabbing, cough, exertional, and thunderclap headaches; hypnic headaches; and new daily persistent headaches. A new section focuses on childhood headaches. Chapters that focus on headaches in elderly patients and patients with psychiatric or medical diseases are also included.

**pericranial tenderness assessment test: Evidenzbasierte Assessments in der Muskuloskelettalen Physiotherapie** Nikolaus Ballenberger, 2025-01-15 Mit den richtigen Assessments sind Physiotherapeutinnen und Physiotherapeuten in der Lage, auf Basis von klinischen und gesundheitsrelevanten Informationen klinische Urteile und Entscheidungen zu treffen. Im ersten Teil stellt Ihnen dieses Buch wichtige methodische Konzepte und statistische Parameter vor, die für die evidenzbasierte Arbeit in der physiotherapeutischen Praxis notwendig sind. Im zweiten Teil dieses Buchs finden Sie eine Zusammenstellung an relevanten, evidenzbasierten und wissenschaftlich fundierten Assessments diverser Körperregionen der muskuloskelettalen Physiotherapie, die je nach klinischem Zweck mit einem Empfehlungsgrad versehen und einheitlich strukturiert sind: - Beschreibung der Durchführung am Patienten - Zusammenfassung der Evidenz - Empfehlungen der Assessments für den jeweiligen klinischen Einsatzzweck auf Basis der wissenschaftlichen Qualität der Studienlage Wichtig bei der Zusammenstellung der Assessments war, dass nicht nur Einzeltests vorgestellt werden, sondern auch, sofern verfügbar, Testbatterien, Patient-Reported Outcome Measures (PROMs) und Clinical Prediction Rules (CPRs). Insbesondere diese Konzepte finden immer mehr Bedeutung im klinischen Alltag moderner Physiotherapie. Das Buch eignet sich für: Physiotherapeuten und Physiotherapeutinnen in Ausbildung, Studium und Praxis

**pericranial tenderness assessment test: Wolff's Headache and Other Head Pain** Stephen D. Silberstein, Richard B. Lipton, Donald J. Dalessio, 2001-05-03 Headaches represent one of the most common medical conditions and one of the most frequent reasons for patients seeking medical care. Wolff's Headache has become a classic in the field of head pain. Providing a compendium of facts, it stands above other texts as one of the most definitive and comprehensive textbooks on diagnosis and management. Wolff's Headache and Other Head Pain 7E provides a comprehensive overview of headache disorders. The contributors are the acknowledged world leaders in their fields. The new edition reflects the enormous growth of knowledge regarding the classification of epidemiology, mechanisms, and treatment of headaches. The book provides both practical clinical advice and a clear overview of the science which provides the foundation for that advice.

**pericranial tenderness assessment test: Family Nurse Practitioner Certification Review** Pamela Stinson Kidd, Cheryl Pope Kish, 2003 Kidd (Arizona State U. College of Nursing), Robinson (Northern Kentucky U.), and Kish (graduate programs in health sciences, Georgia College & State U.) present this review for family nurse practitioners preparing to take the national certification

exams of both the Academy of Nurse Practitioners and the American Nurses Credentialing Center. The review covers the domains of history taking, physical examination, assessment, diagnosis, plan, management, and evaluation. The CD-ROM contains review questions and sample examinations. Annotation (c)2003 Book News, Inc., Portland, OR (booknews.com).

**pericranial tenderness assessment test: Multidisciplinary Management of Migraine**

César Fernández-de-las-Peñas, Leon Chaitow, Jean Schoenen, 2012-02-03 Another selection of the Jones and Bartlett Series: Contemporary Issues in Physical Therapy and Rehabilitation Medicine Multidisciplinary Management of Migraine: Pharmacological, Manual, and Other Therapies is the first textbook focused on the multidisciplinary treatment of migraine including pharmacological and non-pharmacological approaches. This comprehensive text discusses epidemiology, pathophysiology, diagnosis, and management of patients with migraine headache integrating clinical experience and expertise with current evidence-based best practices. The authors are worldwide experts recognized in migraine and headache with experience in academic, research, and practice settings. Multidisciplinary Management of Migraine: Pharmacological, Manual, and Other Therapies reviews the options for medical management of patients with migraine by way of: pharmacological interventions; musculoskeletal interventions including muscle and joint-centered interventions, manual therapy, and dry needling; and complementary and alternative medicine techniques including naturopathy, acupuncture, and placebo. With a multimodal and multidisciplinary approach, this comprehensive resource provides a variety of therapeutic tools for students and practitioners to provide excellent care and medical management of patients with migraine headache. Key Topics: • Theories of migraine pathophysiology • Sensitization mechanisms • Migraine triggers • Examination of the cervical and thoracic spinal joints • Pharmacological interventions • Musculoskeletal interventions • Alternative medicine techniques This textbook is perfect for completing a headache library combined with tension-type and cervicogenic headache. Browse additional titles in the Jones & Bartlett Learning Series Contemporary Issues in Physical Therapy and Rehabilitation Medicine, at: <http://go.jblearning.com/PTseries>

**pericranial tenderness assessment test: Cumulated Index Medicus , 1988**

**pericranial tenderness assessment test: Fibromyalgia and Other Central Pain**

**Syndromes** Daniel Jeffrey Wallace, Daniel J. Clauw, M.D., 2005 This volume is the first comprehensive text devoted to fibromyalgia and other centrally mediated chronic pain syndromes. Leading experts examine the latest research findings on these syndromes and present evidence-based reviews of current controversies. Chapters discuss the definition, epidemiology, and pathophysiology of chronic pain and fibromyalgia, the clinical presentations of fibromyalgia syndrome, and central sensitization syndromes associated with chronic neuromuscular pain. The contributors thoroughly examine various approaches to evaluation and management of patients with fibromyalgia and chronic pain. Other chapters focus on disability issues, prognosis, and future research directions. A critically reviewed listing of Websites and other resources is included.

**pericranial tenderness assessment test: Headache in Children and Adolescents**

Ishaq Abu-Arafeh, Aynur Özge, 2016-08-16 This book assists appropriate headache assessment and decision-making in pediatrics. It covers many aspects and causes of headache disorders in children and adolescents using case studies to illustrate important points in history, examination, diagnosis, choice of management approach, therapy selection, and communication of the most helpful advice to the child and parents. Case studies have been taken from real clinical practice and presented in a consistent style. They are discussed by the authors to highlight important points in history, important positive and negative points in examination, the diagnosis, and full analysis and justification of treatment options. Headache in Children and Adolescents: A Case-Based Approach is an ideal reference for primary care physicians, paediatricians, neurologists and paediatric neurologists in their daily practice, in their consulting rooms and wards.

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**Neurology** Andrew Hershey, 2022-12-16 Get the latest evidence-based methods for diagnosing and treating neurologic disorders in infants, children, and adolescents A practical, up-to-date,

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