



UNPROVEN MODALITIES

Needing further research and evaluation

- Acupuncture
- Cervical manipulation
- Hyperbaric oxygen
- Hypnosis
- Occlusal adjustment
- TENS

PROFESSIONAL/PATIENT INTERACTION

1. Involve the patient in a long-term management plan to improve patient compliance
2. Create realistic goals
3. Be flexible and sensitive to the patient's desires regarding various modalities of treatment
4. Share evidence-based findings
5. Be able to discuss non-proven, or potentially harmful modalities (i.e., cervical manipulation in the elderly)
6. Recognize that combining behavioral and physical treatments with use of conventional pharmacologic agents may improve the efficacy of both modalities

PROVEN MODALITIES

- Cognitive-behavioral therapy
- EMG biofeedback
- Relaxation training
- Thermal biofeedback combined with relaxation training

These non-pharmacologic therapies may be particularly well-suited as treatment options for patients with one or more of the following:

- History of long-term, frequent, or excessive use of analgesic or acute medications that can aggravate headache problems or lead to decreased responsiveness to other pharmacotherapies
- Insufficient or no response to pharmacologic therapy
- Medical contraindications to specific pharmacologic treatments
- Prefers non-pharmacologic interventions
- Pregnancy, planned pregnancy, or nursing
- Significant stress, deficient stress-coping skills