

## CHAPTER OUTLINE

Etiology and Pathogenesis of Cervical Headache  
 Fascial Tissue  
 Anatomy of the Cervical Fascia  
 Geometry of the Cervical Fascial System  
 Superficial Cervical Fascia (Subcutaneous Fascia)  
 Deep Cervical Fascia  
 Superficial Lamina of the Deep Cervical Fascia  
 Pretracheal Lamina  
 Prevertebral Fascia  
 Alar Lamina  
 Clinical Considerations of the Cervical Fascia  
 Anatomy  
 Conclusions  
 Theoretical Aspects for the Management of Fascial Dysfunction Syndrome  
 Principles of Fascial Dysfunction  
 Mechanisms of the Myofascial Release Approach  
 Mechanical Response of the Fascia Tissue: Viscoelasticity  
 Neurophysiologic Mechanism of Myofascial Induction  
 Piezoelectric Reaction  
 Myofascial Induction Techniques  
 Techniques Aimed at the Superficial Lamina of the Deep Fascia  
 Myofascial Induction of the Sternocleidomastoid Muscle  
 Stroke Technique for the Cervical Extensors and

# Myofascial Induction Approaches for Patients with Headache

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the Upper Trapezius Muscle  
 Techniques Aimed at the Prevertebral Fascia  
 Myofascial Induction of the Levator Scapulae Muscle  
 Myofascial Induction of the Scalene Muscles  
 Myofascial Induction of the Longus Collis and Cervicis Muscles  
 Myofascial Induction of the Connective Tissue Bridge at the Suboccipital Region  
 Myofascial Induction of the Suboccipital Triangle  
 Techniques Aimed at the Hyoid Region and Pretracheal Fascia  
 Transversal Induction of the Clavicle Level  
 Transversal Induction of the Hyoid Level  
 Transversal Myofascial Induction of the Hyoid: The Rocking Chair Technique  
 Myofascial Induction of the Suprahyoid and Infrahyoid Fascia  
 Myofascial Induction of the Digastric Muscle  
 Myofascial Induction of the Muscles of the Tongue  
 Global Myofascial Induction Techniques  
 Assisted Induction of the Cervical Fascia  
 Myofascial Induction of the Anterior Thoracic Wall  
 Global Myofascial Release of the Cervical Fascia  
 References