



## **Unravelling Head Pain: Clinical Assessment & Treatment of Headaches and Migraines**

**Instructed by Louise Hill, RMT**

**Registration Deadline: May 30, 2026**

**Date:** June 13-14, 2026 (2 days)  
**Time:** 8:00am-5:00pm (45-minute lunch break)  
**Location:** Château Moncton  
100 Main Street  
Moncton, NB  
**Fee:** \$450 (ANBMT Member)                      \$550 (Non-Member)  
*\*If you were to enroll in this course directly through the instructor, the course fee is \$575 (inc. HST)*  
(PAYMENT MUST ACCOMPANY REGISTRATION; RESERVATIONS NOT ACCEPTED)  
**CEUs:** 16 hours  
**\*Student members are eligible to enroll in this certification after completing their first year of massage therapy training.**

**Preferred Room Rate:** Château Moncton, \$139.00 + taxes (15% HST and 3.5% MAT) per night (2 queen beds), includes breakfast, WIFI, and free parking. A block of 10 rooms have been reserved. Book one month in advance to secure a room. Phone 506-870-4444. **Booking Reference: ANBMT and the date.**

### **Course Description**

This two-day in-person continuing education course provides registered massage therapists with a comprehensive, practical approach to assessing and treating common types of headaches encountered in clinical practice. Participants will explore the causes, epidemiology, and distinguishing features of tension-type headaches, cervicogenic headaches, TMJ-related headaches, sinus-related headaches, migraines, exertion headaches, medication-overuse headaches, thunderclap headaches, and cluster headaches. Through a combination of lecture, discussion, and extensive hands-on practice, therapists will learn how to identify key contributing structures, perform appropriate special testing, apply effective manual therapy techniques, and provide evidence-informed home care. The course emphasizes differential assessment, safety considerations, and when to refer clients for further medical evaluation. Each headache type will be explored through a clinical overview followed by demonstrations and guided practical applications in pairs, allowing participants to build confidence in both assessment and treatment planning.

### **Headache Types Covered**

#### **Hands-On and Clinical Application:**

Tension-Type Headaches  
Cervicogenic Headaches  
TMJ-Related Headaches  
Sinus-Related Headaches  
Migraines

**Clinical Information Only:**

Exertion Headaches  
Medication-Overuse Headaches  
Thunderclap Headaches  
Cluster Headaches

**Learning Outcomes**

Upon completion of this course, participants will be able to:

1. Differentiate between primary and secondary headache types using clinical indicators.
2. Perform targeted orthopedic and soft tissue assessments relevant to common headache presentations.
3. Apply manual therapy techniques safely and effectively to address contributing structures of tension-type, cervicogenic, TMJ-related, sinus-related, and migraine headaches.
4. Integrate patient education and home care strategies to support long-term management and prevention.
5. Recognize red flags and determine when referral to another healthcare professional is warranted.
6. Confidently develop treatment plans tailored to the unique mechanisms underlying each headache type.

**What to Bring**

- Portable massage table (1 per 2 participants)
- Full table set-up:
  - Face cradle cover (recommended)
  - Pillows or bolsters (optional)
  - Sanitation supplies (wipes, hand sanitizer, etc.)
- Comfortable, loose-fitting clothing
- Nitrile gloves (TMJ Work)
- Lunch, snacks, and water
- Massage oil, lotion, or preferred medium (optional)

**Course Materials**

A comprehensive course manual (PDF) will be provided via email a few days prior to the start of the class for distribution to registered participants, allowing attendees the option to print their own copy if desired or access digitally on a personal device.

**Certificate of Completion**

A PDF certificate will be emailed to participants within one week of course completion.

**About the Instructor**

Louise Hill, RMT, is a Registered Massage Therapist based in Moncton, New Brunswick, with a clinical focus on the assessment and treatment of temporomandibular joint (TMJ) dysfunction and related head, neck, and jaw conditions. Since graduating with honours from Eastern College in 2016, she has completed extensive post-graduate training and research in TMJ dysfunction, concussion and whiplash management, cervical biomechanics, fascial release, and intraoral techniques. TMJ-related treatments now make up a significant portion of her clinical practice, and she receives regular referrals from dentists, chiropractors, osteopaths, and other allied health professionals.

As Louise's practice evolved, she observed a strong clinical correlation between TMJ dysfunction and both headache and migraine presentations. This led to the development of a secondary clinical focus in treating head pain – including tension-type headaches, cervicogenic headaches, post-concussion headaches, migraine headaches, and headache disorders secondary to jaw dysfunction. Her interest in head and neck injury management began prior to entering the profession, while working and training closely with competitive Muay Thai and MMA fighters at her father's gym, where concussions, jaw trauma, and whiplash-type injuries are common. Louise began her career working alongside a local chiropractor, before opening her own clinic, Therapeutics Ltd., in 2018. In addition to her clinical work, she served as a Clinic Supervisor for the Massage Therapy Program at Eastern College for a year and a half, where she oversaw student development in assessment skills, treatment planning, and professional standards. Outside of clinical practice, Louise has a longstanding background in athletics, including Muay Thai instruction and personal training, and is an avid runner.



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**Portable Table:**    YES     NO

(Please print clearly)

Name: \_\_\_\_\_ RMT #: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone:(Home) \_\_\_\_\_ (Work) \_\_\_\_\_ (Cell) \_\_\_\_\_

Email: \_\_\_\_\_

Status:    Member     Student Member     Non-Member

Association \_\_\_\_\_

**Please return the completed registration form by email and submit payment via one of the options below**

Method of Payment:  Cheque     Money order     E-transfer Email: [anbmt@anbmt.ca](mailto:anbmt@anbmt.ca)

Credit Card **\*Please contact the ANBMT [anbmt@anbmt.ca](mailto:anbmt@anbmt.ca) to pay by credit card.**

**\*No refunds will be issued after the registration deadline has passed.**