This tool guides primary care providers to recognize mechanical neck pain and manage it effectively with medication and activity while identifying appropriate triggers for investigations and referrals. Mechanical neck pain can present with neck, shoulder and/or arm pain. If your patient has an accompanying headache, it is recommended that you treat the headache symptoms first using the Headache Navigator (page 8).

The Headache Navigator (page 8) assists primary care providers in managing primary headache disorders. It is based on the guideline and quick reference algorithm for the Primary Care Management of Headache in Adults produced by Towards Optimized Practice (TOP).
The Key Education Points have been included in this tool to assist primary care providers in the application of the tool in their practice and/or teaching.

**History Section A**

- When you are determining the patient’s dominant area of pain, consider where they describe their most intense and bothersome symptoms.
  - Neck dominant: Most intense pain is sub-occipital, trapezius, parascapular, shoulder paraspinal but may include intermittent arm pain.
  - Arm dominant: Most intense pain is in the shoulder, deltoid, upper arm, forearm, hand and often includes the neck area.
- Yellow flags (page 4) are psychological risk factors that indicate that patients have an increased risk of developing chronicity.
- Key questions can be asked at any visit in order to initiate appropriate management.
- Ask screening questions for headache, trauma, concussion and system inflammatory disease. If further assessment is required, exit the tool and pursue detailed assessment.
- Anterior chest pain can occur in the presence of neck pain and may be related to cardiac etiology. Therefore, a screening question for cardiac disease has been inserted in the tool.
- Cervical myelopathy is an important surgical condition that should not be missed and therefore, it is important to specifically assess gait disturbance, incoordination and loss of neuromotor function.
- The modified Japanese Orthopedic Association (mJOA) score is a valuable tool for surgeons to better adjudicate the urgency of the referral.
- Do not make the diagnosis of bilateral carpal tunnel syndrome, until cervical cord pathology has been excluded.

**Physical Examination Section B**

- The purpose of the neck physical exam is to identify any neurological abnormalities, or radicular signs that may require investigations and referrals.
- It is important to document the range of motion with accompanying pain in the neck as a baseline for determining future treatment response. The shoulder range of motion should be assessed and if abnormal, a full shoulder exam is recommended to determine potential shoulder pathology.
- Radicular pain is determined by the reproduction of arm dominant pain on the Spurling’s cervical compression test and the alleviation of arm dominant pain with the cervical distraction test. In addition, there may be neurological deficits on testing reflexes, myotomes and dermatomes.
- In order to not miss early detection of infection and/or tumor (Red Flags, page 4) examine the cervical chain lymph nodes. Follow-up if there is any clinical suspicion of wider spread disease.
- If cervical myelopathy is suspected, tandem gait and Hoffman’s reflex should be assessed for more complete neurological evaluation.
- The physical examination is organized according to the patient’s position, however the examination can be approached in any logical manner.

**Management Matrix Section C**

- Patient education and key messages are important components to patient management and can be woven into the assessment when opportunities are identified.
- The matrix is divided into neck and arm dominant pain since management differs with the pain dominance pattern. It is then divided into pharmacological and non-pharmacological interventions with the intention that all patients will benefit from receiving both approaches for best outcomes.
- An evidence based approach is integrated in the tool by clearly labelling “Recommended” and “Not Recommended” treatment interventions so that key messages and patient discussions can be easily undertaken.
**Referrals Section D**

- When making a referral to a rehabilitation therapist for spine care (i.e. physiotherapist, chiropractor), it is important to ensure that your patient is appropriate and ready to maximize treatment and that the therapy is evidence based active care.
- The emergency surgical criteria for cervical myelopathy are detailed in question 5 and the mJOA criteria\(^1\), however, surgical consultation criteria for elective intervention have been listed in this section for appropriate referral.
- Pain management consultation is required when the patient’s pain is unstable, persistent and chronic. Pain management can be delivered by a pain specialist, a multi-disciplinary team or a hospital based intervention clinic. Appropriate identification of treatment options is outlined to ensure early referral to appropriate services.

**CORE Neck Tool Reference Images**

**Neck Dominant Pain Patterns**

**Arm Dominant Pain Patterns**

Shoulder pain may be referred from neck pathology or be due to concurrent shoulder pathology. It is important to exam both the neck and shoulder to determine the cause of pain.

**Patient Key Messages**

- Key messages for patients are embedded throughout the CORE Neck Tool as indicated by the symbol \(\text{key message}\).
  The patient key messages are meant to guide providers in discussions with patients but should not be read verbatim.

**Legend**

- Indicates a link to a website

- NIFTI is a mnemonic for common Red Flags (page 4)
- Red Flags (page 4) indicate the potential presence of an underlying serious pathology
- Cervical myelopathy symptoms require urgent surgical evaluation
- Yellow Flags (page 4) indicate potential psychological risk factors for developing chronic pain
- If significant, cognitive behavioural therapy (CBT) or 1:1 psychoeducational counselling may be necessary for pain management
- Key patient messages
History

Section A

Patient Name: ______________________  Chart Number: ______________________
Date of Birth: ______________________  Visit Date: ______________________

This is a focused examination for clinical decision-making in primary care. This tool guides primary care providers to recognize common mechanical neck pain and screen for other conditions where management may include investigations, exercise referrals and specific medications. If your patient has an accompanying headache, it is recommended that you treat the headache symptoms first using the Headache Navigator (page 8).

1. Are you experiencing a headache related to your reason for today’s visit?
   - NO  Please proceed to Question 2
   - YES  Please go to Headache Navigator (page 8)

2. Where is your pain the worst?
   - Neck  Most intense over trapezius, sub-occipital, paraspinal, parascapular
   - Arm  Most intense distal of deltoid into upper arm, forearm, hand
   - Shoulder  Most intense over deltoid and anterior shoulder

3. Is your pain constant or intermittent?

<table>
<thead>
<tr>
<th>Dominant Location</th>
<th>Intermittent</th>
<th>Constant</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neck</td>
<td>Likely mechanical and should respond to exercise based therapy.</td>
<td>Rule out Red Flags</td>
</tr>
</tbody>
</table>
| Arm               | Referred pain from neck or shoulder, not nerve root compression or radiculopathy. | Rule out Red Flags
Assess neurological status for radiculopathy |
| Shoulder          | Requires a shoulder examination to determine diagnosis and management of potential concurrent shoulder pathology. | Rule out Red Flags for cervical pathology and/or non-msk pathology. Do full shoulder assessment if no neck pathology identified. Consider Non-MSK pathology. |

Assessment of intermittent pain requires an alert, aware and not-medicated patient to confirm a complete absence of pain for a period of time (no matter how brief). It is critical to rule out Red Flags (page 4) for patients with constant pain. If it is challenging for patients to determine whether pain is constant or intermittent, rule out Red Flags (page 4).

4. Have you experienced unexplained chest pain, dizziness or shortness of breath during this episode of neck pain?
   - No
   - Yes  Consider cardiac etiology (including history, physical and appropriate investigation)

5. Have you noticed any of the following symptoms since the onset of your neck pain:
   - Do you feel that your walking (gait) has changed and that you are experiencing clumsiness or imbalance?
   - Do you have difficulty with fine motor tasks such as doing up a clasp or small buttons?
   - Are you experiencing new onset tingling or numbness in your arms or hands?

   If YES to any of the above:
   - Surgical evaluation is recommended to rule out degenerative cervical myelopathy and determine treatment and monitoring regime.
   - Modified Japanese Orthopedic Association (mJOA) Score for Cervical Myelopathy¹
6. Did your neck pain begin with a trauma, accident or fall?
   - No
   - Yes → Consider C-Spine Imaging Rules

7. If you are ≤ 60 years old, are you experiencing prolonged morning stiffness in your neck for longer than 30 minutes?
   - No
   - Yes → Check for concussion related symptoms

8. Is there anything you cannot do now that you could do before the onset of your pain?
   - No
   - Yes → Rule out Yellow Flags (page 4)

What has changed?

Why?

---

### RED FLAGS
Below are a list of serious pathologies to consider and rule out in assessing neck pain.

<table>
<thead>
<tr>
<th>Indication</th>
<th>Investigation</th>
</tr>
</thead>
<tbody>
<tr>
<td>NEUROLOGICAL</td>
<td>Cervical cord compression, demyelinating process, Progressive neurological deficits</td>
</tr>
<tr>
<td>INFECTION</td>
<td>Fever, meningism, history of immuno-suppression or intravenous drug use</td>
</tr>
<tr>
<td>FRACTURE</td>
<td>Osteoporotic fracture, traumatic fall with risk of fracture</td>
</tr>
<tr>
<td>TUMOUR</td>
<td>Hx of cancer, unexplained weight loss, significant night pain, severe fatigue</td>
</tr>
<tr>
<td>INFLAMMATORY</td>
<td>Rheumatoid arthritis, Polymyglia rheumatica, Giant cell arteritis</td>
</tr>
</tbody>
</table>

☐ If NO Red Flags, continue with CORE Neck Tool

Cardiovascular pathology (carotid arterial dissection, concurrent chest pain, myocardial ischemia) can present with neck and shoulder pain.

Imaging tests like x-rays, CT scans and MRIs are not helpful for recovery or management of acute or recurring neck pain unless there are signs of serious pathology.

---

### YELLOW FLAGS
Psychological Risk Factors for Developing Chronicity
For patients with neck pain consider using the following questions (or the assessment tools listed below) to help explore your patients’ risk of developing chronicity.

<table>
<thead>
<tr>
<th>Questions To Ask</th>
<th>Listen/Look For</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you think your pain will improve or become worse?</td>
<td>Belief that neck pain and activity are harmful or potentially severely disabling (e.g. catastrophizing).</td>
</tr>
<tr>
<td>Do you think you would benefit from activity, movement or exercise?</td>
<td>Fear and avoidance of activity or movement.</td>
</tr>
<tr>
<td>How are you emotionally coping with your neck pain?</td>
<td>Tendency to low or negative mood and withdrawal from social interaction.</td>
</tr>
<tr>
<td>What treatments or activities do you think will help you recover?</td>
<td>Unrealistic expectations of treatment. Expectation of passive treatment(s) rather than a belief that active participation will help.</td>
</tr>
</tbody>
</table>

☐ If NO Yellow Flags, continue with CORE Neck Tool

A patient with positive Yellow Flag(s) may benefit from education, support and targeted therapies to reduce risk of chronicity and could be screened for psychological conditions (e.g. anxiety, depression). Consider the following resources to support assessment and management of risk factors for chronicity: The Patient Health Questionnaire for Depression and Anxiety (PHQ-4); Pain Self Efficacy Questionnaire (PSEQ).

☐ If you are feeling symptoms of sadness or anxiety, they could be related to your condition and could impact your recovery. Schedule a follow-up appointment.
# Physical Examination

This is an examination which supports or refutes the differential diagnosis while assessing the severity of symptoms for prognosis and treatment planning. This examination should take 5 minutes of the clinical assessment. The examination has been developed for primary care providers.

<table>
<thead>
<tr>
<th>Patient Position</th>
<th>Abnormal</th>
<th>Normal</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Standing</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Observation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Gait</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Neck Posture</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Palpation</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lymph Node Screen</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Movement</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Neck Screen</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cervical Active ROM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Flexion</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Extension</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Rotation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Side flexion</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shoulder Screen</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Active ROM</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Sitting</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Neurological</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Deep Tendon Reflexes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Biceps (C5, 6)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>- Triceps (C7)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Myotomes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>C4 - Trapezius</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>C5 - Deltoid</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>C6 - Biceps</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>C7 - Triceps</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>C8 - 3&lt;sup&gt;rd&lt;/sup&gt; fingers flexion</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dermatomes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>C4 - Trapezius</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>C5 - Over the shoulder</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>C6 - Thumb and part of the forearm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>C7 - Middle finger</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>C8 - Smallest fingers and part of the forearm</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Radiculopathy</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spurling's Compression Test&lt;sup&gt;14&lt;/sup&gt;</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Supine</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cervical Distraction Test&lt;sup&gt;15&lt;/sup&gt;</td>
<td></td>
<td></td>
<td>(Positive if arm pain relieved)</td>
</tr>
<tr>
<td>Upper Motor Neuron Screen</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plantar Response Reflex</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hoffman’s Test</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Your examination today does not demonstrate that there are any Red Flags (page 4) present to indicate serious pathology, but if your symptoms persist for >6 weeks, schedule a follow-up appointment.
## Management Matrix

### Non Pharmacological Options

<table>
<thead>
<tr>
<th>ACUTE (&lt;3 months)</th>
<th>CHRONIC (&gt;3 months)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Recommended</strong></td>
<td></td>
</tr>
<tr>
<td>Patient education and exercise should be included as part of active management and may be delivered solely within primary care office visit.</td>
<td><strong>Recommended</strong></td>
</tr>
<tr>
<td>• Reassurance of good prognosis and full recovery</td>
<td><strong>Recommended</strong> Multimodal therapy and/or goal directed therapy including:</td>
</tr>
<tr>
<td>• Early return to non-painful activities of daily living and work</td>
<td>• Patient education and counselling with reassurance for good recovery and encouragement for increased activity levels</td>
</tr>
<tr>
<td>• Independent stretch, strengthen and aerobic exercise</td>
<td><strong>Active Rehabilitation therapy may include:</strong></td>
</tr>
<tr>
<td>• Refer to active therapy if education and exercise does not alleviate symptoms.</td>
<td>• Short term cervical mobilization/ manipulation</td>
</tr>
<tr>
<td>• Short term mechanical cervical traction as adjunct treatment for pain relief</td>
<td>• Cervical stretching, strengthening and aerobic exercise</td>
</tr>
<tr>
<td><strong>Recommended number of treatment sessions = 1-6</strong></td>
<td>• Therapeutic clinical massage</td>
</tr>
<tr>
<td><strong>Not Recommended</strong></td>
<td>• Low level laser therapy</td>
</tr>
<tr>
<td>There is inconclusive evidence for the following:</td>
<td><strong>Recommended number of treatment sessions = 6-12 sessions</strong></td>
</tr>
<tr>
<td>• Rest and immobilization</td>
<td><strong>Not Recommended</strong> Routine use of opioids:</td>
</tr>
<tr>
<td>• Cervical collars</td>
<td>• Consider judicious use in select patients if other options fail.</td>
</tr>
<tr>
<td>• Neck pillows</td>
<td>• Glucocorticoids for mechanical neck pain.</td>
</tr>
<tr>
<td>• Electrical modalities</td>
<td><strong>Inconclusive:</strong></td>
</tr>
<tr>
<td>• Relaxation massage</td>
<td><strong>Topical NSAIDs</strong></td>
</tr>
</tbody>
</table>

### Pharmacological Options

<table>
<thead>
<tr>
<th>ACUTE (&lt;3 months)</th>
<th>CHRONIC (&gt;3 months)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Recommended</strong></td>
<td></td>
</tr>
<tr>
<td>Start with:</td>
<td><strong>Recommended</strong></td>
</tr>
<tr>
<td>• Acetaminophen</td>
<td><strong>Start with:</strong></td>
</tr>
<tr>
<td>• NSAIDs</td>
<td>• Acetaminophen</td>
</tr>
<tr>
<td><strong>Add or replace with</strong></td>
<td>• NSAIDs</td>
</tr>
<tr>
<td>• Muscle relaxants (e.g. cyclobenzaprine) for a short duration (few weeks)</td>
<td><strong>Add or replace with</strong></td>
</tr>
<tr>
<td><strong>Not Recommended</strong></td>
<td>• Antidepressants</td>
</tr>
<tr>
<td>Routine use of opioids:</td>
<td>• TCAs (amitriptyline, nortriptyline)</td>
</tr>
<tr>
<td>• Consider judicious use in select patients if other options fail (please refer to the Canadian Guideline for the safe and effective use of opioids for chronic non cancer pain)</td>
<td>• SNRI (duloxetine, venlafaxine)</td>
</tr>
<tr>
<td>• Glucocorticoids for mechanical neck pain.</td>
<td>• Antiepileptics</td>
</tr>
<tr>
<td><strong>Inconclusive:</strong></td>
<td>• Topiramate</td>
</tr>
<tr>
<td><strong>Topical NSAIDs</strong></td>
<td>• Pregabalin</td>
</tr>
</tbody>
</table>

### Arm Dominant Pain

**Recommended**

In addition to the above treatment regimes for neck dominant pain, patients with arm dominant pain may find additional relief with the following:

- Relieving positions (arm abduction and supported elevation)
- Frequent rest positions
- Manual and Mechanical traction
- Enhance Pharmacological pain management including use of opioids in conjunction with non-pharmacological treatment.

**Not Recommended**

There has been no proven effectiveness of the following:

- Cervical collars
- Electrical modalities
- Relaxation massage

### Neck Dominant Pain

**Recommended**

In addition to the above treatment regimes for neck dominant pain, patients with arm dominant pain may find additional relief with the following:

- Trial of Acupuncture
- Relieving positions (arm abduction and supported elevation)
- Frequent rest positions
- Manual and Mechanical traction
- Enhance Pharmacological pain management including use of opioids in conjunction with non-pharmacological treatment.

**Not Recommended**

There has been no proven effectiveness of the following:

- Cervical Collars
- Electrical Modalities
- Relaxation Massage

## Additional Treatments

- Muscle relaxants (e.g. cyclobenzaprine) for a short duration (few weeks)
- Antidepressants
- SNRI
- Antiepileptics
- Carbamazepine
- Gabapentin
- Pregabalin
- For severe radiculopathy consider methylprednisolone or dexamethasone for 5-7 days.
- Caution in patients with concurrent infections or in type 1 diabetics with a large swing in blood sugars.
Referrals

Section D

Rehabilitation Referral provided to Patient

Patient readiness criteria for spine therapy:

- Absence of Red Flags (page 4)
- Pain is managed well and patient can tolerate treatment regime
- Pain has mechanical directional preference indicated by movement, position or activity
- Patient is ready to be an active partner in goal setting and self-management

Rehabilitation therapist skills for evidence-based treatment include:

- Ability to prescribe and progress exercise
- Ability to modify, assess and treat limitations pertaining to work, home or fitness pursuits
- Ability to provide manipulative and soft tissue therapy including massage, mobilizations, myofascial release techniques, contract-relax muscle work
- Ability to provide education and facilitate patient self-management

Surgical Referral

- Failure to respond to evidence based compliant conservative care of at least 12 weeks
- Intolerable constant arm dominant pain
- Worsening nerve irritation tests (Spurling’s compression test)
- Expanding motor, sensory or reflex deficits
- Suspected cervical myelopathy

Pain Management Referral Options

<table>
<thead>
<tr>
<th>Pain Specialist</th>
<th>Multidisciplinary pain clinic focused on improved functional outcomes through CBT, occupational &amp; activity based approaches</th>
<th>Hospital based interventional pain clinic with a specialist skilled in cervical epidurals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acute Neck Dominant Pain</td>
<td>✔</td>
<td>–</td>
</tr>
<tr>
<td>Chronic Neck Dominant Pain</td>
<td>✔</td>
<td>✔</td>
</tr>
<tr>
<td>Acute &amp; Chronic Arm Dominant Pain</td>
<td>✔</td>
<td>–</td>
</tr>
</tbody>
</table>

Pain Management Referrals

Consider a referral to the pain management options listed in the table below, if the following criteria are met:

- The recommended non-pharmacological and pharmacological options have been trialed with reasonable compliance for a minimum of 4 weeks.
- And one or more of the following:
  - The patient has high constant pain levels interfering with their function despite treatment
  - The patient requires escalating/high doses of opioids

Imaging

- Refer to red flags (page 4)

Laboratory Tests

- Refer to red flags (page 4)

Notes:

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You may need pain medication to help you return to your daily activities and initiate exercise more comfortably. It is activity; however, and not the medication that will help you recover more quickly.

Short acting opioid medication may be used for intense pain such as neck dominant constant symptoms related to nerve compression.

Neck pain often recurs. You can learn how to manage neck pain when it happens and use this information to recover without having to see your healthcare provider each time it happens.

Movement and activity can help reduce pain and recover function.
Key Education Points

The Headache Navigator is designed to provide guidance to primary care providers in an office based setting to manage primary headache disorders (e.g. migraine, cluster, tension type headache). It does not provide guidance for:

- Secondary headaches (e.g. cervicogenic headaches, post-traumatic headaches, temporomandibular joint disorder).
- Combined assessment and management of headache and neck pain due to the complexity of separating out the underlying pathologies. Use the Headache Navigator to start in assessing and managing the headache elements while also seeking early consultation with a headache specialist.

Neuro-Imaging

- Do not refer patients for routine neuro-imaging (CT and MRI) for the assessment of primary headaches.
- Do not refer patients for neuro-imaging solely to reassure patients.
- Do reassure and educate patients about neuro-imaging. Consider using patient education tools if necessary.
  - Use patient education resources (general headache information)
- Refer to the imaging recommendations in the tool for a quick summary. For more detailed guidance refer to the full Guideline for the Primary Management of Headache in Adults.

Headache Management Highlights

- Screen for Red Flags (page 4) in new onset headaches or changes to headaches.
- Acute management of cluster headaches should include the use of intranasal and subcutaneous triptans rather than NSAIDs and acetaminophen.
- Migraine prophylaxis can include topiramate, amitriptyline, propranolol, acupuncture and/or riboflavin.
- Do not recommend first line or routine use of opioid based medications for the management of acute migraine, tension type and cluster headaches.
  - Use patient education resources to reassure patients (treating frequent headaches with pain relievers).
- Consider medication overuse headache in patients who have chronic daily headaches (≥ 15 days a month for 3 months) that may be related to chronic migraine or chronic tension type headaches. See TOP guidelines for detailed guidance.
  - Headache diaries can help to monitor, prevent and diagnose (see supporting materials)
  - Use patient education resources to help reassure patients (medication overuse headache)

Provider Clinical Pearls

- Migraine is the most common headache type and should be considered in patients with recurrent moderate or severe headaches and a normal neurological examination.
- Rule out secondary headache when making a diagnosis of a primary headache disorder.
- Neuroimaging, sinus x-rays, cervical spine x-rays, and EEG are not recommended for the routine assessment of the patient with headache. History and physical / neurological examination is usually sufficient to make a diagnosis of migraine or tension-type headache.
- Comprehensive migraine therapy includes management of lifestyle factors and triggers, acute and prophylactic medications, and migraine self-management strategies.
- ASA, acetaminophen, NSAIDs, and triptans are the primary medications for acute migraine treatment.
- Do not:
  - prescribe opioid analgesics or combination analgesics containing opioids or barbiturates as first line therapy for the treatment of migraine.
  - prescribe acute medications or recommend an over-the-counter analgesic for patients with frequent migraine attacks without monitoring frequency of acute medication use with headache diary.
  - offer opioids for the acute treatment of tension-type headache.
  - offer paracetamol, NSAIDs, opioids, ergots or oral triptans for the acute treatment of cluster headache.
  - Medication overuse is considered present when patients with migraine or tension-type headache use combination analgesics, opioids, or triptans on 10 or more days per month or acetaminophen or NSAIDs on 15 or more days a month.
## Guideline for Primary Care Management of Headache in Adults

### Quick Reference

**Red Flags (imaging recommendations)**

- **Emergent - address immediately**
  - Thunderclap onset (CT)
  - Fever and meningismus (CT)
  - Papilloedema (focal signs or reduced LOC) (MRI)
  - Acute glaucoma (no current recommendation)

- **Temporal arteritis (no imaging recommended)**
- **Papilloedema (NO focal signs or reduced LOC) (MRI or CT)**
- **Relevant systemic illness (MRI or CT)**
- **Elderly: new headache with cognitive change (CT)**

**Possible indicators of secondary headache (imaging recommendations)**

- **Unexplained focal signs (MRI or CT)**
- **Atypical headaches (CT)**
- **Unusual headache precipitants (MRI or CT)**
- **Onset after age 50 (MRI or CT)**

- **Aggravation by neck movement; abnormal neck exam. Consider cervicogenic headache refer and/or investigate but also proceed down the algorithm (no current recommendations)**
- **Jaw symptoms; abnormal jaw exam. Consider temporomandibular disorder (no current recommendations)**

### Headache with 2 or more of:

- **Nausea**
- **Light sensitivity**
- **Interference with activities**

**Practice Points:**

- Migraine historically under diagnosed
- Consider migraine diagnosis for recurring “sinus” headache

### Headache w/o nausea and 2 or more of:

- **Bilateral headache**
- **Non-pulsating pain**
- **Mild to moderate pain**
- **Not worsened by activity**

**Tension type headache**

### Uncommon headache syndromes

**All of:**

- Frequent headache
- Severe
- Brief < 3 hours per attack
- Unilateral (always same side)
- Ipsilateral eye redness, tearing and/or restlessness during attacks

**All of:**

- Unilateral headache (always same side)
- Continuous
- Dramatically responsive to indomethacin

**Headache continuous since onset**

**Medication overuse**

**Assess use of:**

- Ergots, triptans, combination analgesics or codeine/other opioids > 10 days/month OR
- Acetaminophen or NSAIDs > 15 days/month

**Manage**

- **Educate patient**
- **Consider prophylactic medication**
  - Provide an effective acute med for severe attacks with limitations on frequency of use
  - Gradual withdrawal if opioid, or combination analgesic with opoid or barbiturate
  - Abrupt (or gradual) withdrawal if acetaminophen, NSAIDs or triptan

### Cluster headache/other trigeminal autonomic cephalagia

**Management primarily pharmacological**

- **Acute medication (Table 3)**
- **Prophylactic medication (Table 3)**
- **Early specialist referral recommended**
- **If considering neuroimaging choose MRI1,5**

**Hemicrania continua**

**Specialist referral**

**If considering neuroimaging choose MRI1,5**

**New daily persistent headache**

**Specialist referral**

**If considering neuroimaging choose MRI1,5**

### Migraine

- **Imaging is not recommended if neurological exam is normal1,5**
- **Acute Medication (Table 1)**
- **Monitor for medication overuse**
- **Prophylactic medication (Table 1)**
  - if headache:
    - >3 days/month and acute meds not effective OR >8 days/month (risk of overuse)
    - OR disability despite acute meds

**If the patient’s headaches continue to interfere with function and activity after a trial of multiple treatment options consider the following:**

- **Refer to headache specialist**
- **Consider using the CORE Neck Tool if the patient has significant neck pain as well.**

### Behavioural Management

- **Headache diary:** record frequency, intensity, triggers and medication
- **Adjust lifestyle factors:** reduce caffeine, ensure regular exercise, avoid irregular and/or inadequate sleep or meals
- **Stress management:** relaxation, training, CBT, pacing activity, biofeedback

### Tension-type headache

**Imaging is not recommended if neurological exam is normal1,5**

- **Acute medication (Table 2)**
- **Monitor for medication overuse**
- **Prophylactic medication if disability despite acute meds (Table 2)**

**If the patient’s headaches continue to interfere with function and activity after trial of multiple treatment options consider the following:**

- **Refer to headache specialist**
- **Consider using the CORE Neck Tool if the patient has significant neck pain as well.**

---


July 2016

tewellhealth.ca/neckheadpain
Medications Recommended for Headache Management in Adults

Quick Reference

Table 1 Migraine

<table>
<thead>
<tr>
<th>Acute Migraine Medication</th>
<th>Prophylactic Migraine Medication</th>
<th>Starting Dose</th>
<th>*Titration: Daily Dose Increase</th>
<th>Target Dose/Therapeutic Range</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st line ibuprofen 400 mg, ASA 1 000 mg, naproxen sodium 500-550 mg, acetaminophen 1 000 mg</td>
<td>propranolol 20 mg bid</td>
<td>40 mg/week</td>
<td>40-120 mg bid</td>
<td>Avoid Asthma</td>
<td></td>
</tr>
<tr>
<td>2nd line</td>
<td>metoprolol 50 mg bid</td>
<td>50 mg/week</td>
<td>50-100 mg bid</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3rd line 500-550 mg naproxen sodium in combination with triptan</td>
<td>nadolol 40 mg daily</td>
<td>20 mg/week</td>
<td>80-160 mg daily</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4th line Fixed-dose combination analgesics (with codeine if necessary - not recommended for routine use)</td>
<td>amitriptyline 10 mg hs</td>
<td>10 mg/week</td>
<td>10-100 mg hs</td>
<td>Consider if depression, anxiety, insomnia or tension-type headache</td>
<td></td>
</tr>
<tr>
<td>2nd line</td>
<td>nortriptyline 10 mg hs</td>
<td>10 mg/week</td>
<td>10-100 mg hs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td>gabapentin 300 mg daily</td>
<td>300 mg/3-7 days</td>
<td>1200 - 1800 mg daily, divided tid</td>
<td>Few side effects; limited experience in prophylaxis</td>
<td></td>
</tr>
<tr>
<td></td>
<td>pizotifen 0.5 mg daily</td>
<td>0.5 mg/week</td>
<td>1-2 mg bid</td>
<td>Few drug interactions</td>
<td></td>
</tr>
<tr>
<td></td>
<td>OnabotulinumtoxinA 155-195 units</td>
<td>No titration needed</td>
<td>155-195 units every 3 mos.</td>
<td>For chronic migraine only: headache on &gt; 15 days/month</td>
<td></td>
</tr>
<tr>
<td></td>
<td>flunarizine 5-10 mg hs</td>
<td>10 mg hs</td>
<td>10 mg hs</td>
<td>Avoid in depression</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td>magnesium citrate 300 mg bid</td>
<td>No titration needed</td>
<td>300 mg bid</td>
<td>Efficacy may be limited; few side effects</td>
<td></td>
</tr>
<tr>
<td></td>
<td>riboflavin 400 mg daily</td>
<td></td>
<td>400 mg daily</td>
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<tr>
<td></td>
<td>butterbur 75 mg bid</td>
<td>75 mg bid</td>
<td>75 mg bid</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>co-enzyme Q10 100 mg tid</td>
<td>100 mg tid</td>
<td>100 mg tid</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Titration: Dosage may be increased every two weeks to avoid side effects

For most drugs, slowly increase to target dose
• Therapeutic trial requires several months
• Expected outcome is reduction, not elimination of attacks

If target dose not tolerated, try lower dose
If med is effective and tolerated, continue for at least 6 mos.
If several preventive drugs fail, consider specialist referral

Refer to full guideline for migraine treatment in pregnancy.

Table 2 Tension Type Headache

<table>
<thead>
<tr>
<th>Acute Medication</th>
<th>Prophylactic Medication</th>
</tr>
</thead>
<tbody>
<tr>
<td>• ibuprofen 400 mg</td>
<td>amitriptyline 10-100 mg daily OR nortriptyline 10-100 mg daily</td>
</tr>
<tr>
<td>• ASA 1000 mg</td>
<td></td>
</tr>
<tr>
<td>• naproxen sodium 500-550 mg</td>
<td></td>
</tr>
<tr>
<td>• acetaminophen 1000 mg</td>
<td></td>
</tr>
</tbody>
</table>

Table 3 Cluster Headache

<table>
<thead>
<tr>
<th>Acute Medication</th>
<th>Prophylactic Medication</th>
</tr>
</thead>
<tbody>
<tr>
<td>• subcutaneous sumatriptan 6 mg</td>
<td>propranolol 20 mg bid</td>
</tr>
<tr>
<td>• intranasal zolmitriptan 5 mg OR • 100% oxygen at 12 litres/minute for 15 minutes through non-rebreathing mask</td>
<td>metoprolol 50 mg bid</td>
</tr>
<tr>
<td>OR</td>
<td></td>
</tr>
<tr>
<td></td>
<td>nadolol 40 mg daily</td>
</tr>
<tr>
<td></td>
<td>amitriptyline 10 mg hs</td>
</tr>
<tr>
<td></td>
<td>nortriptyline 10 mg hs</td>
</tr>
</tbody>
</table>

*Note If more than two attacks per day, consider transitional therapy while verapamil is built up (e.g. prednisone 60 mg for 5 days, then reduced by 10 mg every 2 days until discontinued)

Abbreviations
hs - at bedtime  bid - twice a day  tid - three times a day

These recommendations are systematically developed statements to assist practitioner and patient decisions about appropriate health care for specific clinical circumstances. They should be used as an adjunct to sound clinical decision making.

CORE Neck Tool

Opioid Risk Tool
This tool identifies patients who may be at risk for opioid dependency so that appropriate medication management can be planned.

The Keele StartBack Screening Tool
This screening tool categorizes patients by risk of persistent symptoms (low, medium or high), which allows the clinician to tailor interventions appropriately.
URL: https://thewellhealth.ca/wp-content/uploads/2016/07/ _startback_tool_eng-1.jpg

Neck Pain Information and Exercise Sheet
The exercise sheet includes images to help identify correct and incorrect posture positions, and lying positions, as well as flexion/extension, rotation, side flexion, and retraction exercises.

Headache Navigator

Headache Diary Sheets
These can be completed by patients to help with headache diagnosis.

Patient Education Resources

General headache information
A resource that provides answers to patients’ commonly asked questions about headache.
URL: http://www.ihe.ca/download/ambassador_headache.pdf

Medication overuse headache
A resource that provides answers to patients’ commonly asked questions about medication overuse headache.
URL: http://www.ihe.ca/download/ambassador_medication_overuse_headache.pdf

Acute migraine management
A resource that provides answers to patients’ commonly asked questions about migraine management.
URL: http://www.ihe.ca/download/ambassador_migraine_headache.pdf

Migraine prophylaxis
A resource that provides answers to patients’ commonly asked questions about migraine preventive medications.
URL: http://www.ihe.ca/download/ambassador_migraine_preventive_medICATIONS.pdf

Tension headache management
A resource that provides answers to patients’ commonly asked questions about managing tension-type headaches.
URL: http://www.ihe.ca/download/ambassador_tension_type_headache.pdf

Treating frequent headaches with pain relievers
Provides tips to help manage frequent headaches and discourages patients from taking pain relievers too often.

*These supporting materials are hosted by external organizations, and as such the accuracy and accessibility of their links are not guaranteed. CEP will make every effort to keep these links up to date.

References

CORE Neck Tool References


**Headache Navigator References**


This Tool was developed as part of the Knowledge Translation in Primary Care Initiative which is led by CEP with collaboration from Ontario College of Family Physicians and Nurse Practitioners’ Association of Ontario. Clinical leadership for the development of the tool was provided by Drs. Julia Alleyne MD, CAC(SEM), FCFP and Arun Radhakrishnan MSc, MD, CM CCFP and was subject to external review by primary care providers and other relevant stakeholders. This Tool was funded by the Government of Ontario as part of the Knowledge Translation in Primary Care Initiative.

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