

■ Treatment through the Skin

“Crown of Thorns”

Indications

- Chronic headache of unknown origin, as well as tension headache
- Adjuvant treatment in the case of vegetative dysfunctions, cerebral circulatory disorders, and pain following concussion

Material

- Local anesthetic: 3 mL
- Needle: 0.4 × 20 mm

Technique

- Along the line of the greatest head circumference, injections are performed every 3 cm; 0.5 mL of a local anesthetic is injected each time. Part of the injectable is placed as a quaddle and the rest is injected into the scalp after the needle has been advanced a further 2–3 mm.

Risks

- None

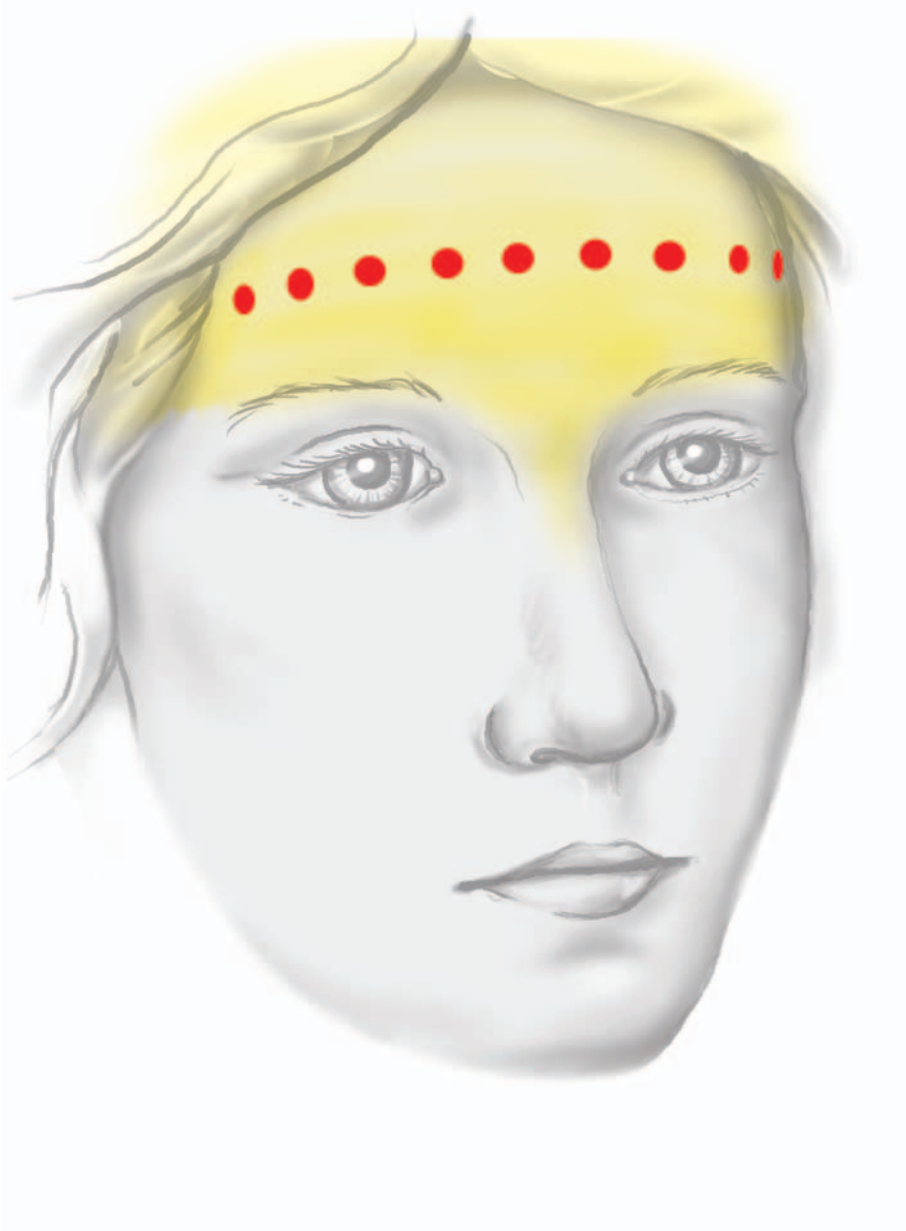
Concomitant Therapies

- Depending on the indication regarding tension headaches, special relaxation techniques apply, for example, progressive relaxation technique according to Jacobson and biofeedback therapy.
- Transcutaneous application of essential peppermint oil along the forehead and on the parietal area

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R 2–3 times a week, up to 6 weeks

MR, BFB, Med



● Primarily indicated injection points

■ Area of pain distribution