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Type of research	Original papers
Title of Abstract	Efficacy of osteopathic treatment for frequent episodic primary tension-type headache: a pilot study.
Text of ABSTRACT	<b>Efficacy of osteopathic treatment for frequent episodic primary tension-type headache: a pilot study.</b>  Dr Guido Rolle DO  University of Milan – Bicocca, Milan, Italy.  <b>Abstract</b>  OBJECTIVE: to explore the efficacy of osteopathic treatment for frequent episodic tension-type headache. BACKGROUND: TTH is a prevalent condition with substantial socioeconomic impact. Complementary or alternative therapies are increasingly being used by patients to treat headache pain, and osteopathic treatment is one of these. We think it could be suitable in case of scarcely compliance for pharmacological prophylactic treatment, or in case of contraindications to prophylactic drugs. Many reviews (Fernández-de-Las-Peñas and coll., 2006) found no rigorous evidence that manual therapies in general have a positive effect in the evolution of TTH. The methodological quality of the papers reviewed by these authors is typically low. The most urgent need for further research, as they expressed, is to plan high-quality randomized controlled trials assessing the effectiveness of currently applied manual therapies in headache disorders, establishing their efficacy beyond placebo. DESIGN: this was a single-blind, randomized, placebo controlled, pilot study using an experimental design. Forty-four patients with frequent ETTH, according to the International Headache Classification Subcommittee 2004, were recruited for this study from primary care and randomly placed in either control or experimental group. The study consisted of a 4 weeks baseline period, a 4 weeks treatment period and a 3 months follow-up period. METHODS: during the 4 weekly sessions, patients belonging to the experimental group received corrective osteopathic techniques; patients belonging to the control group received manual perceptive techniques, considerable as placebo. OUTCOME MEASURES: change in patient-reported weekly headache frequency, daily headache intensity, over-the-counter medication usage and disability headache-correlated (HDI). RESULTS: forty people concluded the study. All tests of significance were set at P Variance and Tukey test, a statistically significant difference in headache frequency has been found, only in treatment group, in time, compared with basic average ( $p < 0.001$ ). A statistically significant difference has been found between two groups at final time ( $p=0.0005$ ), with a 33% variation. From a t-test for independent samples, a statistically significant difference has been found between two groups, about headache frequency, at first ( $p=.002$ ) and

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third ( $p < .001$ ) follow-up month, with a greater average reduction in treatment group. A statistically significant difference in over-the-counter medication usage has been found, only in treatment group, in time, compared with basic average ( $p < 0.001$ ). From a t-test for independent samples, a statistically significant difference has been found between two groups, about over-the-counter medication usage, at first ( $p = .008$ ) and third ( $p < .001$ ) follow-up month, with a greater average reduction in treatment group. **CONCLUSIONS:** this study suggested a potential efficacy of osteopathic treatment, that could be taken into account in case of scarcely compliant patients and/or in order to avoid collateral effects of drugs. Its results indicated the need to plan future clinical trials with a significant number of patients.

PRESENTING AUTHOR

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