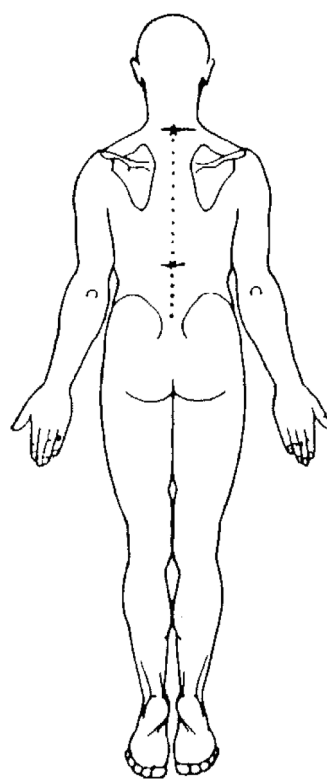
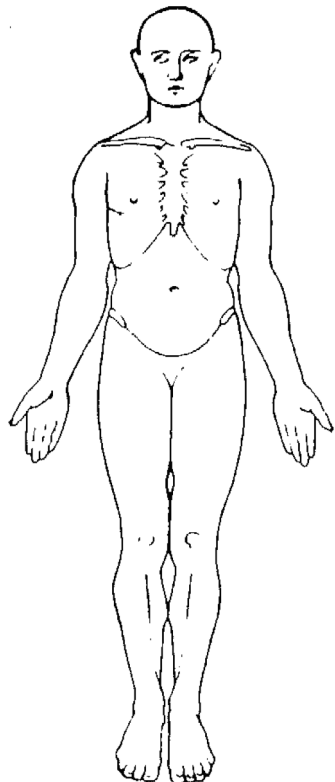
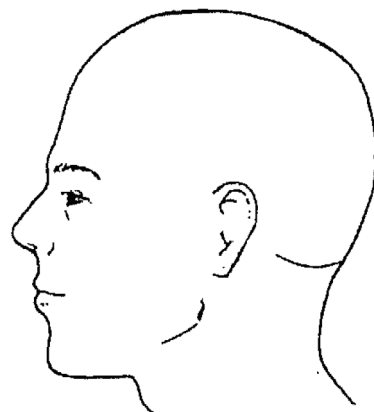
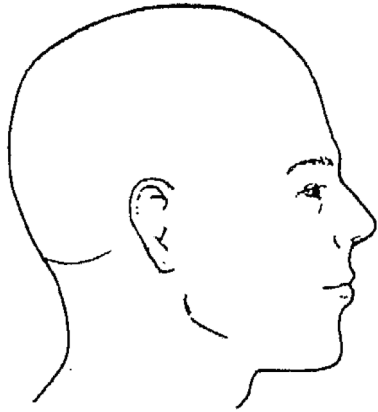
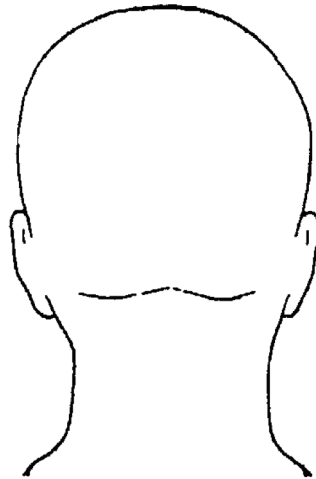
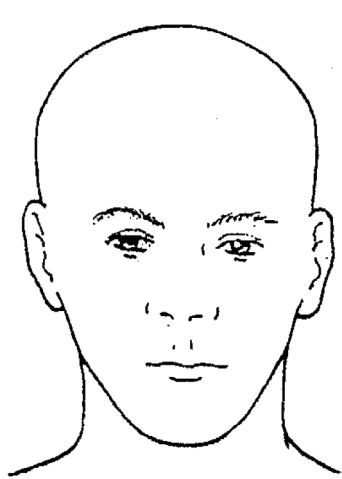


# **APÊNDICE 1**

## **FOLHA DE REGISTO**

### **AVALIAÇÃO e TRATAMENTOS**



**Data:**

Início:  
Causa?:

Progressão:

Avaliações/exames/tratamentos prévios:  
Factores precipitantes/agravantes:

Frequência:  
Última cefaleia:  
Curso:

Duração:

Intensidade:

Resposta à medicação:

Factores de alívio:

Pré-cefaleia:

Reacções associadas:

Tonturas:

Diplopia/Distúrbios visuais:

Disartria:

Disfagia:

Quedas Súbitas (*drop attack*):

Náuseas:

Vómitos:

História familiar:

Saúde Geral:

Medicação:

Perda de peso:

Sinais medulares:

Investigações radiológicas:

Cirurgia:

**Check list:**

Duração das cefaleias:

Estáveis? S / N

Início > 50 anos? S / N

Avaliação neurológica? S / N

TC/RMN da cabeça? S / N

Cefaleia secundária? Possível / improvável

Requer avaliação médica? S / N

Requer avaliação de estabilidade? S / N

Requer avaliação da AV? S / N

**Explicação:** avaliação e alerta da AV

patofisiologia da causa cervicogénica ou sua contribuição para a cefaleia

conceito contínuo da cefaleia  avaliação, tratamento e expectativas



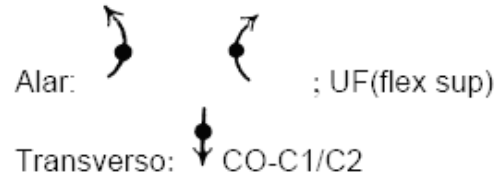
**Cefaleia : S / N**

**Postura:**

**Retracção:**

**Integridade da artéria vértebro basilar:**

**Estabilidade:**



**Decúbito Ventral:**

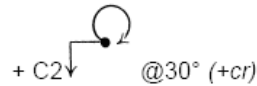
C2 SP (L) / (R)?



+ uf



+ cr (+uf)



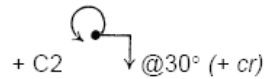
@30° (+cr)



@60°



+ cr (+uf)



@30° (+ cr)



@60°



+ uf(+uf)



+ uf(+uf)




+ uf




+ uf




## Decúbito Dorsal/Decúbito lateral (C1):

C1  + uf(+uf)



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C1  + uf(+uf)





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C2  @30° (+cr)


---

C1  @20° +  O + uf (+uf) (+ )



---

C1  @45° +  O (+ uf)  
 +  CO-C1@60°  
 +  CO-C1





---

C2  @30° (+cr)

---

C1  @20° +  O +uf (+uf) (+ )

---

C1  @45° +  O (+ uf)  
 +  CO-C1@60°  
 +  CO-C1

---

Outros testes:

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## Plano de Tratamento

