**Chronic Tension Headaches**

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A comparative experimental study of two remedial massage therapy protocols; one including & one excluding Sternoclidomastoïd muscles, Scalene, Temporals & Masseter muscles.

**Key Findings & Results**

**Outcome Measures:**
- **Blinded to researcher**
- **Frequency & HDI:** Therapeutic massage for treatment of CTTH including the anterior neck, jaw, and cranial muscles had the greatest improvement.
- **Both Group B participants compared with one Group A participant (P1) at conclusion of this study were no longer classified under the IHS criteria of CTTH of >15 headache affected days per month.**

- **Group B** had reduced frequency of headaches more strongly than Group A.
- **The greatest benefit** was a clinically significant reduction in headache frequency in Group B.
- **Group B** scored for headaches dropped a clinically significant 40% while Group A dropped only 17%.

**Limitations**
- **Small sample size:** Statistical evidence is impractical and results of such small numbers are unlikely to be conclusive evidence.
- **Researcher bias:** The influencing power of the researcher on the study outcome.
- **Known variables:** Demographic variables of participant age and numbers of years suffering TTH significantly impact CTTH classification of >15 headache affected days per month.
- **Headache diary:** The diary is the main data collection method in this study design and relies on accuracy of recording by the participants. This can create incomplete data.

**References**