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LIST OF ABBREVIATIONS

CCFT	Cranio-cervical flexion test
CEH	Cervicogenic headache
CHISG	Cervicogenic Headache International Study Group
CMD	Cervical musculoskeletal dysfunction
CPT	Cold pain threshold
CROM	Cervical range of motion
CSA	Cross-sectional area
FBS	Fasting blood sugar
HDL	High-density lipoprotein cholesterol
HPT	Heat pain threshold
IHS	International Headache Society
LCa/LCo	Longus capitis/colli
LDL	Low-density lipoprotein cholesterol
MRI	Magnetic Resonance Imaging
MRS	Magnetic Resonance Spectroscopy
MUL	Multifidus
NDI-TH	Neck disability index-Thai version
NRS	Numeric rating scale
PPT	Pressure pain threshold
QST	Quantitative sensory testing
RCPMAJ	Rectus capitis posterior major
RCPMIN	Rectus capitis posterior minor
rCSA	Relative cross-sectional area
ROM	Range of motion
SCM	Sternocleidomastoid
SECP	Semispinalis capitis
SPC	Splenius capitis
TGDS-L	Thai geriatric depression scale-long form

TPT	Thermal pain threshold
TTH	Tension-type headache
VAS	Visual analog scale



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ข้อความแห่งการริเริ่ม

1. ดุษฎีนิพนธ์นี้เป็นการศึกษาแรกที่จะช่วยเพิ่มความเข้าใจลักษณะทางโครงสร้างของกล้ามเนื้อคอโดยใช้เครื่องสร้างภาพด้วยสนามแม่เหล็กไฟฟ้า (MRI) ซึ่งเป็นเครื่องมือมาตรฐานในผู้สูงอายุที่มีอาการปวดศีรษะ CEH
2. การศึกษานี้เป็นการศึกษาแรก ทำการศึกษาความไวต่อความเจ็บปวดอย่างครอบคลุมด้วยวิธีการทดสอบทางประสาทสัมผัส (QST) เพื่อช่วยให้เข้าใจลักษณะการรับรู้ความรู้สึกในผู้สูงอายุที่มีอาการปวดศีรษะ CEH
3. การศึกษานี้ประเมินประสิทธิผลของการรักษาทางกายภาพบำบัดความผิดปกติของระบบกระดูกและกล้ามเนื้อคอ (cervical musculoskeletal impairment) ในผู้สูงอายุที่มีอาการปวดศีรษะเป็นครั้งคราว (intermittent headache) ร่วมกับอาการปวดคอและความผิดปกติของระบบกระดูกและกล้ามเนื้อคอ เพื่อช่วยพัฒนาการจัดการอาการปวดศีรษะในประชากรกลุ่มนี้ซึ่งมีความเสี่ยงของการใช้ยาเกินขนาด เกิดอาการไม่พึงประสงค์จากการใช้ยาและการเกิดปฏิกิริยาต่อกันของยา

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STATEMENTS OF ORIGINALITY

1. This is the first study that helps to enhance the understanding of the cervical musculature that includes the entire cervical muscles using the gold standard of conventional MRI in elders with cervicogenic headache.
2. This is the first comprehensive study of pain sensitivity using quantitative sensory testing in order to enhance the understanding of sensory features in elders with cervicogenic headache.
3. This study investigates the effectiveness of physiotherapy treatment regarding cervical musculoskeletal impairment in elders with intermittent headache who have neck pain and impairment, in order to improve the management of headache in this population which has concerns of medication overuse, adverse drug events and drug interaction.

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