

Formed di Dott Prof Giuseppe Franchino s.r.l.s.

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Programma Formativo

Nome Provider	Formed di Dott. Prof. Giuseppe Franchino s.r.l.s.
ID Provider	5092
Titolo del corso	Corso su Terapia Manuale ed esercizio terapeutico nelle Cefalee
Sede di svolgimento	B&B HOTEL Palermo Quattro Canti Via Vittorio Emanuele, 291, 90133 Palermo PA
Destinatari attività formativa	Medico chirurgo (medicina fisica e riabilitazione, Ortopedia e traumatologia, medicina dello sport, neurologia, psichiatria), Fisioterapista; Dietista, Psicologo (psicologo; psicoterapeuta)
Obiettivi formativi ed area formativa	DOCUMENTAZIONE CLINICA. PERCORSI CLINICO-ASSISTENZIALI DIAGNOSTICI E RIABILITATIVI, PROFILI DI ASSISTENZA - PROFILI DI CURA
Data inizio	23 Maggio 2026
Data fine	24 Maggio 2026
N° crediti assegnati	22,6
N° ID evento	486025 ed. 1
RESPONSABILE SCIENTIFICO:	Dott. Matteo Castaldo

Corso su Terapia Manuale ed esercizio terapeutico nelle Cefalee

PROGRAMMA

23 MAGGIO 2026

9:00 – 10:00: pain mechanism according to new evidence

10.00 – 11.00: headache epidemiology, classification, and diagnostic criteria

11.00 – 12:00: sensitization mechanism and pathophysiology of migraine and TTH

12.00 - 13.00: myofascial Trigger Points (MTrPs) in headache

13.00 - 14.00: lunch

14:00 – 16:00: myofascial assessment of the cranio-cervical region

16.00-18.00: myofascial treatment techniques for the cranio-cervical region

24 MAGGIO 2026

09.00 – 10.00: therapeutic exercise in migraine

10.00 – 11.00: assessment of the cervical spine (part 1)

11.00 – 13.00: assesment of the cervical spine (part 2)

13.00 – 14.00: lunch break

14:00 – 16:00: manual therapy techniques (part 1)

16.00 - 18.00: manual therapy techniques (part 2)

INFORMAZIONI PERSONALI

Matteo Castaldo



ESPERIENZA LAVORATIVA

Febbraio 2018 – ora	Ricercatore Post Doc - Center for Neuroplasticity and Pain (CNAP), SMI, Dept. of Health Science and Technology, The Faculty of Medicine, Aalborg University, Denmark
Aprile 2024 – ora	Visiting Professor - Laboratori di psicologia clinica, psicofisiologia clinica e neuropsicologia clinica, Dipartimento di medicina e chirurgia, Università di Parma
Gennaio 2024 – ora	Fisioterapista – Dipartimento di Medicina e Chirurgia, Centro Cefalee, AUSL Parma
Gennaio 2024 – ora	Assistente di ricerca - Medical Oncology and Hematology Unit, Humanitas Research Hospital – IRCCS
2024 – ora	Docente a contratto - Università di Tor Vergata, Master in Neuromusculoskeletal Physiotherapy and Exercise Therapy
Febbraio 2013 - ora	Docente a contratto - Università di Siena, Master in Fisioterapia Applicata allo Sport
2008 - ora	Fisioterapista (libero professionista) – specializzato in terapia manual e interventi cognitive-educativi, con focus sul dolore cronico e le cefalee (Poliambulatorio Dalla Rosa Prati; Poliambulatorio Fisiocenter)

EDUCAZIONE

21-11-2007	Laurea in Fisioterapia - Università di Parma, Facoltà di Medicina, Parma, Italia
21-11-2017	PhD in Scienze Biomediche - Dept. of Health Science and Technology, The Faculty of Medicine, Aalborg University, Denmark
10-03-2022	Laurea Magistrale in Scienze Cognitive e Processi Decisionali, Classe LM-55),

	Università di Milano, Facoltà di Medicina, Milano, Italia
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ALTRE COMPETENZE

LINGUA MADRE	Italiana
ALTRE LINGUE	Inglese (avanzata), Svedese (intermedio), Spagnolo (basico)
ABILITA' COMUNICATIVE	Buone capacità comunicative acquisite in diversi contesti culturali, tramite esperienze di tirocinio lavoro in Svezia, Danimarca, Spagna, Australia, e volontariato in Messico e Madagascar
ABILITA' GESTIONALI	▪ Responsabile italiano di uno progetto multicentrico internazionale (con Danimarca e Spagna) sulla cefalea di tipo tensivo e la sensibilizzazione centrale ▪ responsabile italiano di un progetto multicentrico internazionale (con Danimarca, Spagna, Svizzera e UK) sul post-Covid pain ▪ thesis co-supervisor of a PhD student, with the title “characterization of tension-type headache, migraine without aura, and chronic migraine subjects based on signs of central sensitization and on Musculo-skeletal dysfunctions”, Aalborg University (in progress) ▪ supervisore di tesi di laurea (12 tesi a livello di master/laurea magistrale, 2 tesi di laurea triennale)
AREA DI INTERESSE SCIENTIFICO	Cefalea, emicrania, cefalea di tipo tensivo, stress, riabilitazione sportiva, educazione al dolore, neuroscienze cognitive, disfunzioni muscoloscheletriche, sensibilizzazione centrale, pain neuroscience education (PNE), quantitative sensory testing (QST), dolore cronico, colpo di frusta
RELAZIONI INTERNAZIONALI	Collaborazioni con I seguenti gruppi internazionali: - Prof.Arendt-Nielsen, Aalborg University (Denmark) - Prof. Gwendolen Jull, The University of Queensland (Australia) - Prof.Cesar Fernandez de las Penas, University Rey Juan Carlos (Spain) - Prof.Kerstin Luedtke, University of Lübeck (Germany)

ALTRI RICONOSCIMENTI	- Editorial Board, Pain Research and Management Journal - Junior Editorial Board, The Journal of Headache and Pain - Premio miglior Poster scientifico al XII Congresso ANIRCEF “Cefalee, Neurologia e Innovazione”, Genova, 28-30/11/2024 - Editor per lo Special Issue “Bench-to-Bedside Approach to Migraine: How Pathophysiology Could Influence Novel Therapeutic Approaches and Back” in <i>Biomedicines</i> (ISSN 2227-9059) - Vincitore della Fellowship per la 12th EHF-SAS (European Headache Federation – School of Advanced Studies), Università Sapienza, Roma, 7-9/07/2021 (selezionato successivamente da CV per coordinare 40 giovani ricercatori della scuola) - Vincitore della borsa EFIC (European Pain Federation) per la European Pain Federation Pain School, Klagenfurt (Austria), 4-9/09/2022 - Vincitore della Scholarship della IHS (International Headache Society), Allied Specialties Scholarship 2023
ATTIVITA' DI DOCENZA (2013 – ora)	Docente di più di 100 corsi per fisioterapisti e medici sulle cefalee, disfunzioni muscoloscheletriche, riabilitazione sportiva
SPEAKER A CONGRESSI (2013 – ora)	▪ E-Poster al Congresso della European Headache Federations (EHF) a Rotterdam, 4-7/12/2024 ▪ Presentazione orale al XII Congresso ANIRCEF “Cefalee, Neurologia e Innovazione, Genova, 28-30/11/2024 ▪ Relatore e moderatore al Congresso della “Italian Headache Society” (SISC), titolo della sessione “Update sul trattamento fisiokinesiterapico delle cefalee”, Torino, 26-28/09/2024 ▪ Relatore al Congresso “Libertà, violenza, e psichiatria” (SIFIP) a Castel di Sangro (L’Aquila), 8-10/04/2024 ▪ Presentazione E-Poster al Congresso “European Headache Federations (EHF)” di Barcellona, 6-9/12/2023 ▪ Relatore e moderator al Congresso “Italian Headache Society” (SISC), titolo della relazione “Physical therapy, EBM, and migraine: where are we now?”, a L’Aquila, 5-7/10/2023 ▪ Relatore e moderator al Congresso European Pain Federation (EFIC), titolo della relazione “Migraine and headache: individualized new therapeutic options based on pathophysiological mechanisms”, Budapest, 20-22/09/2023

- Relatore al “Symposium on Myofascial Pain, Fibromyalgia, and Fascial Pain Disorders”, titolo della relazione “Myofascial pain syndrome and headache” a Padova, 15-16/06/2023
- Relatore al “Seminari del Mondino”, titolo della presentazione “Somatosensory and musculoskeletal characteristics in migraine: clinical implications for a personalized treatment “mechanism-based”, presso l’Istituto IRCCS Mondino di Pavia, 7/02/2023
- Relatore al Congresso online “Watson Headache Institute International Symposium”, 26-27/08/2020
- Relatore al Congresso “Pain Science in Motion III”, presso il Campus Universitario di Savona, 2/06/2019
- Relatore al Congresso “Let’s study”, presso l’Università di Bologna, 31/03/2019
- Relatore al Simposio “Physiotherapy and headache: an EBM approach”, a Padova, 22/02/2019
- Relatore al Simposio “CNAP annual meeting, center for neuroplasticity and pain”, ad Aalborg (Danimarca), 24/10/2018
- Relatore al Congresso “Role of physical therapy in headache disorders: an EBM approach”, a Sassari, 20/10/2018
- Relatore al Congresso “Physical therapy excellence- PTex”, a Bologna, 23/06/2018
- Relatore al Congresso “Update in musculoskeletal physiotherapy”, presso l’Università di Bologna, 12/01/2018
- Relatore al Congresso “31° congress of the Italian Headache Society-SISC”, a Roma, 1-2/12/2017
- Relatore al Congresso “Low back pain in pregnancy”, a Parma, 14/10/2017
- Relatore al Congresso “The management of the patient with primary headache: multidisciplinary is the key?”, a Milano, 27/05/2017
- Relatore al Congresso “SASP: scandinavian association for the study of pain conference”, ad Aalborg (Danimarca), 26-28/04/2017
- Relatore al Seminario “Trigger Points in musculoskeletal pain”, a Milano, 12/03/2016

	▪ Relatore al Congresso “Physical therapy applied to sport disorders”, a Torino, 28/03/2015 ▪ Relatore al Congresso “Management of patients with Whiplash-associated disorders”, a Boves (Cuneo), 25/05/2014 ▪ Relatore al Congresso “Muscle lesions and dysfunctions”, a Piacenza, 5/04/2013 ▪
POSTER SCIENTIFICI	▪ Poster ai congress SISC, EFIC, IASP, IHS, SASP, ANIRCEF, 46 poster presentati in totale
PUBBLICAZIONI SCIENTIFICHE	Cosentino, G., Antoniazzi, E., Cavigioli, C., Castaldo M., <i>et al.</i> Offset analgesia as a marker of dysfunctional pain modulation in episodic and chronic migraine. <i>J Headache Pain</i> 26, 50 (2025). https://doi.org/10.1186/s10194-025-01995-4 Viganò, A., Petolicchio, B., Toscano, M., Castaldo M., <i>et al.</i> Real-world application of Short Term Psychodynamic Psychotherapy (STPP) as chronic migraine preventive therapy: Profiling responders and predictive factors. <i>Neurol Sci</i> (2025). https://doi.org/10.1007/s10072-025-08075-0 Castaldo M., Atzori T, Comanducci A, Querzola G, Derchi C-C, Lovattini D, Manzoni C, Lovati C, Baglio F, Tiberio P, et al. A Randomized, Double-Blind, Controlled Trial Protocol for Therapeutic Neuroscience Education in Chronic Migraine Patients: A Clinical–Neurophysiological Combined Study Design. <i>Methods and Protocols</i>. 2025; 8(2):22. https://doi.org/10.3390/mps8020022 Castaldo M., Arendt-Nielsen L, Ponzano M, Bovis F, Torelli P, Finocchi C, Di Antonio S. Cut-Off Values Able to Identify Migraine Patients With Increased Pressure-Pain Sensitivity Independent of the Migraine Cycle Through a Single Assessment: A Secondary Analysis of a Multicentre, Cross-Sectional, Observational Study. <i>Eur J Pain</i>. 2025 Feb;29(2):e4787. doi: 10.1002/ejp.4787. PMID: 39836392; PMCID: PMC11750055. Rosa R, Lionetto F, Angilecchia D, Carmillo L, Castaldo M., Giovannico G, Di Lorenzo C, Pellicciari L. Italian version of the Headache Disability Inventory: Cross-cultural adaptation, validity, and reliability. <i>Headache</i>. 2024 Dec 26. doi: 10.1111/head.14883. Epub ahead of print. PMID: 39726304.

Raggi, A., Leonardi, M., Arruda, M., Caponnetto, V., **Castaldo, M.**, Coppola, G., Della Pietra, A., Fan, X., Garcia-Azorin, D., Gazerani, P., Grangeon, L., Grazi, L., Hsiao, F. J., Ihara, K., Labastida-Ramirez, A., Lange, K. S., Lisicki, M., Marcassoli, A., Montisano, D. A., Onan, D., ... Martelletti, P. (2024). Hallmarks of primary headache: part 1 - migraine. *The journal of headache and pain*, 25(1), 189. <https://doi.org/10.1186/s10194-024-01889-x>

Guidotti, S., Torelli, P., Ambiveri, G., Fiduccia, A., **Castaldo, M.**, & Pruneti, C. (2024). From the latin "re-cordis, passing through the heart": autonomic modulation differentiates migraineurs from controls when recounting a significant life event. *Neurological sciences : official journal of the Italian Neurological Society and of the Italian Society of Clinical Neurophysiology*, 10.1007/s10072-024-07739-7. Advance online publication. <https://doi.org/10.1007/s10072-024-07739-7>

Balordi, M., Tiberio, P., **Castaldo, M.**, Viganò, A., Jacobs, F., Zambelli, A., Santoro, A., & De Sanctis, R. (2024). Empowering beyond Pain: Pain Neuroscience Education Interventions in Breast Cancer Survivorship Care. *Cancers*, 16(16), 2806. <https://doi.org/10.3390/cancers16162806>

Tiberio, P., Balordi, M., **Castaldo, M.**, Viganò, A., Jacobs, F., Benvenuti, C., Torrisi, R., Zambelli, A., Santoro, A., & De Sanctis, R. (2024). Empowerment, Pain Control, and Quality of Life Improvement in Early Triple-Negative Breast Cancer Patients through Pain Neuroscience Education: A Prospective Cohort Pilot Study Protocol (EMPOWER Trial). *Journal of personalized medicine*, 14(7), 711. <https://doi.org/10.3390/jpm14070711>

Ebbesen, B. D., Giordano, R., Hedegaard, J. N., Calero, J. A. V., Fernández-de-Las-Peñas, C., Rasmussen, B. S., Nielsen, H., Schiøttz-Christensen, B., Petersen, P. L., **Castaldo, M.**, & Arendt-Nielsen, L. (2024). Prevalence and Risk Factors of Multitype Post-COVID Pain in a Cohort of Previously Hospitalized COVID-19 Survivors: A Danish Cross-Sectional Survey. *The journal of pain*, 25(9), 104579. <https://doi.org/10.1016/j.jpain.2024.104579>

Di Antonio S, Arendt-Nielsen L, Ponzano M, Bovis F, Torelli P, Elisa P, Finocchi C, **Castaldo M** (2024). Profiling migraine patients according to clinical and psychophysical characteristics: clinical validity of distinct migraine clusters. *NEUROLOGICAL SCIENCES*, vol. 45, p. 1185-1200, ISSN: 1590-1874, doi: 10.1007/s10072-023-07118-8 EA OCT 2023

Castaldo M, Ebbesen BD, Fernandez-de-las-penas C, Arendt-nielsen L, Giordano R (2023). COVID-19 and musculoskeletal pain: an overview of the current knowledge. *MINERVA*

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Di Antonio S, Arendt-Nielsen L, **Castaldo M** (2023). Cervical musculoskeletal impairments and pain sensitivity in migraine patients. MUSCULOSKELETAL SCIENCE AND PRACTICE, vol. 66, ISSN: 2468-7812, doi: 10.1016/j.msksp.2023.102817 EA AUG 2023

Di Antonio S, Arendt-Nielsen L, Ponzano M, Bovis F, Torelli P, Finocchi C, **Castaldo M** (2023). Profiling migraine patients according to clinical and psychophysical characteristics: a cluster analysis approach. PAIN MEDICINE, vol. 24, p. 1046-1057, ISSN: 1526-2375, doi: 10.1093/pm/pnad048 EA MAY 2023

Di Antonio S, Arendt-Nielsen L, Ponzano M, Bovis F, Torelli P, Finocchi C, **Castaldo M** (2023). Trigemincervical pain sensitivity during the migraine cycle depends on headache frequency. NEUROLOGICAL SCIENCES, vol. 44, p. 4021-4032, ISSN: 1590-1874, doi: 10.1007/s10072-023-06858-x EA JUN 2023

Di Antonio S, Arendt-Nielsen L, Ponzano M, Bovis F, Torelli P, Pelosin E, Finocchi C, **Castaldo M** (2023). Migraine patients with and without neck pain: Differences in clinical characteristics, sensitization, musculoskeletal impairments, and psychological burden. MUSCULOSKELETAL SCIENCE AND PRACTICE, vol. 66, ISSN: 2468-7812, doi: 10.1016/j.msksp.2023.102800 EA AUG 2023

Finocchi C, Di Antonio S, **Castaldo M**, Ponzano M, Bovis F, Villafañe JH, Torelli P, Arendt-Nielsen L (2023). Increase pain sensitivity during the four phases of the migraine cycle in patients with episodic migraine (vol 43, pg 5773, 2022). NEUROLOGICAL SCIENCES, vol. 44, p. 787, ISSN: 1590-1874, doi: 10.1007/s10072-022-06331-1 EA AUG 2022

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Di Antonio S, Arendt-Nielsen L, Ponzano M, Bovis F, Torelli P, Finocchi C, **Castaldo M** (2022). Cervical musculoskeletal impairments in the 4 phases of the migraine cycle in episodic migraine patients. CEPHALALGIA, vol. 42, p. 827-845, ISSN: 0333-1024, doi: 10.1177/03331024221082506 EA MAR 2022

Di Antonio S, **Castaldo M**, Ponzano M, Bovis F, Villafañe JH, Torelli P, Finocchi C, Arendt-Nielsen L (2022). Trigeminal and cervical sensitization during the four phases of the migraine cycle in patients with episodic migraine. HEADACHE, vol. 62, p. 176-190, ISSN: 0017-8748, doi: 10.1111/head.14261 EA FEB 2022

Finocchi C, Di Antonio S, **Castaldo M**, Ponzano M, Bovis F, Villafañe JH, Torelli P, Arendt-Nielsen L (2022). Increase pain sensitivity during the four phases of the migraine cycle in patients with episodic migraine. NEUROLOGICAL SCIENCES, vol. 43, p. 5773-5775, ISSN: 1590-1874, doi: 10.1007/s10072-022-06263-w EA JUL 2022

Geri T, Botticchio A, Rossettini G, Pournajaf S, Pellicciari L, Di Antonio S, **Castaldo M** (2022). Pressure Pain Threshold of the Upper Trapezius Trigger Point: A Systematic Review with Meta-Analysis of Baseline Values and Their Modification after Physical Therapy. JOURNAL OF CLINICAL MEDICINE, vol. 11, ISSN: 2077-0383, doi: 10.3390/jcm11237243

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Di Antonio S, **Castaldo M**, Ponzano M, Bovis F, Torelli P, Finocchi C, Arendt-Nielsen L (2021). Disability, burden, and symptoms related to sensitization in migraine patients associate with headache frequency. SCANDINAVIAN JOURNAL OF PAIN, vol. 21, p. 766-777, ISSN: 1877-8860, doi: 10.1515/sjpain-2021-0050

Di Antonio S, **Castaldo M**, Ponzano M, Bovis F, Torelli P, Finocchi C, Arendt-Nielsen L (2021). Musculoskeletal impairment of the cervical spine in the 4 phases of the migraine cycle. THE JOURNAL OF HEADACHE AND PAIN, vol. 22, p. 92-93, ISSN: 1129-2369

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Romero ESA, Lim T, Perez JLA, **Castaldo M**, Lozano PM, Villafane JH (2021). Identifying Clinical and MRI Characteristics Associated with Quality of Life in Patients with Anterior Cruciate Ligament Injury: Prognostic Factors for Long-Term. INTERNATIONAL JOURNAL OF ENVIRONMENTAL

RESEARCH AND PUBLIC HEALTH, vol. 18, ISSN: 1660-4601, doi: 10.3390/ijerph182312845

Fernández-de-Las-Peñas C, Palacios-Ceña M, **Castaldo M**, Wang KL, Guerrero-Pere A, Catena A, Arendt-Nielsen L (2020). Variables associated with use of symptomatic medication during a headache attack in individuals with tension-type headache: a European study. BMC NEUROLOGY, vol. 20, ISSN: 1471-2377, doi: 10.1186/s12883-020-1624-8

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Castaldo M, Catena A, Fernández-de-las-Peñas C, Arendt-Nielsen L (2019). Widespread Pressure Pain Hypersensitivity, Health History, and Trigger Points in Patients with Chronic Neck Pain: A Preliminary Study. PAIN MEDICINE, vol. 20, p. 2516-2527, ISSN: 1526-2375, doi: 10.1093/pm/pnz035

Palacios-Ceña M, Wang KL, **Castaldo M**, Ordás-Bandera C, Torelli P, Arendt-Nielsen L, Fernández-de-las-Peñas C (2019). Variables Associated With the Use of Prophylactic Amitriptyline Treatment in Patients With Tension-type Headache. THE CLINICAL JOURNAL OF PAIN, vol. 35, p. 315-320, ISSN: 0749-8047, doi: 10.1097/AJP.0000000000000685

Benito-González E, Palacios-Ceña M, Fernández-Muñoz JJ, **Castaldo M**, Wang KL, Catena A, Arendt-Nielsen L, Fernández-de-las-Peñas C (2018). Variables associated with sleep quality in chronic tension-type headache: A cross-sectional and longitudinal design. PLOS ONE, vol. 13, ISSN: 1932-6203, doi: 10.1371/journal.pone.0197381

Castaldo M, Catena A, Chiarotto A, Villafañe JH, Fernández-de-las-Peñas C, Arendt-Nielsen L (2018). Association Between Clinical and Neurophysiological Outcomes in Patients With Mechanical Neck Pain and Whiplash-associated Disorders. THE CLINICAL JOURNAL OF PAIN, vol. 34, p. 95-103, ISSN: 0749-8047, doi: 10.1097/AJP.0000000000000532

Palacios-Ceña M, Wang K, **Castaldo M**, Guillem-Mesado A, Ordás-Bandera C, Arendt-Nielsen L, Fernández-de-las-Peñas C (2018). Trigger points are associated with widespread pressure pain sensitivity in people with tension-type headache. CEPHALALGIA,

vol. 38, p. 237-245, ISSN: 0333-1024, doi:
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Ceña MP, **Castaldo M**, Wang KL, Madeleine P, Guerrero AL, Arendt-Nielsen L, Fernández-de-las-Peñas C (2017). Topographical Pressure Pain Sensitivity Maps of the Temporalis Muscle in People with Frequent Episodic and Chronic Tension-Type Headache. PAIN PRACTICE, vol. 17, p. 1050-1057, ISSN: 1530-7085, doi: 10.1111/papr.12565

Ceña MP, **Castaldo M**, Wang KL, Torelli P, Pillastrini P, Fernández-de-las-Peñas C, Arendt-Nielsen L (2017). Widespread Pressure Pain Hypersensitivity Is Similar in Women With Frequent Episodic and Chronic Tension-Type Headache: A Blinded Case-Control Study. HEADACHE, vol. 57, p. 217-225, ISSN: 0017-8748, doi: 10.1111/head.12982

Fernández-de-las-Peñas C, Benito-González E, Palacios-Ceña M, Wang KL, **Castaldo M**, Arendt-Nielsen L (2017). Identification of subgroups of patients with tension type headache with higher widespread pressure pain hyperalgesia. THE JOURNAL OF HEADACHE AND PAIN, vol. 18, ISSN: 1129-2369, doi: 10.1186/s10194-017-0751-0

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Palacios ceña, Marãa, **CASTALDO, MATTEO**, Wang, Kelun, Catena, Antonella, TORELLI, Paola, Arendt nielsen, Lars, Fernã;ndez de las peãas, Cã©sar (2017). Relationship of active trigger points with related disability and anxiety in people with tension-type headache. MEDICINE, vol. 96, ISSN: 0025-7974, doi: 10.1097/MD.00000000000006548

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