

PROGRAMMA DELL'EVENTO

a) Provider Centro Formazione e Servizi Le Querciole dell'Ing. Rognini Cristina & C. S.a.s. Provider n. 4650,
TITOLO: terapia manuale per cefalee di origine cervicale, Milano, edizione 1, RESIDENZIALE

b) **Periodo di svolgimento:** dal 3.7.2026 al 5.7.2026

c) **Docente:** Juan Josè Bosca Gandia

d) **Resp. Scientifico evento:** Dr. Sarni Giacomo

e) **Sede:** [Viale Sarca, 336, 20126 Milano MI](#)

f) **Destinatari:** tutte le professioni

g) **Obiettivi formativi e area formativa:** Contenuti tecnico-professionali (conoscenze e competenze) specifici di ciascuna professione, di ciascuna specializzazione e di ciascuna attività ultraspecialistica, ivi incluse le malattie rare e la medicina di genere;

h) **Acquisizione competenze tecnico-professionali**

Relazione tra cefalee, vertigini e rachide cervicale

Acquisizione competenze di processo

Importanza delle cefalee e delle vertigini nell'ambito della fisioterapia.

Acquisizione competenze di sistema

Visualizzazione Attivazione del sistema trigemino-cervicale come causa della cefalea

Corso Residenziale

i) Numero crediti riconosciuti: 32

j) Programma di massima

PROGRAMMA:

Introduzione

Importanza delle cefalee e delle vertigini nell'ambito della fisioterapia

Cefalea: concetto e classificazioni

Relazione tra cefalee, vertigini e rachide cervicale

Patologie più frequenti associate a cefalee

Dolore riferito della muscolatura cervicale localizzato a livello del cranio e del volto

Relazione tra cefalee, vertigini e rachide cervicale (continuazione)

Arteria vertebrale come causa di cefalee e instabilità

Patologia discale: sindrome degenerativa e sue ripercussioni

Relazioni ATM – cranio – regione cervicale

Come comprendere la cefalea attraverso la neuroanatomia

Attivazione del sistema trigemino-cervicale come causa della cefalea

diagnosi fisioterapica della cefalea Valutazione del rachide cervicale superiore

Test basati sull'evidenza per la diagnosi delle cefalee cervicogeniche

Valutazione del dolore muscolare riferito a cranio e volto

Postura e cefalea

Stress e cefalea

Protocollo di trattamento manuale delle cefalee e delle vertigini

Tecniche muscolari e stretching

Tecniche articolari

Tecniche neuromuscolari

Tecniche di rilassamento miofasciale: cranio – cervicale – dorsale 6. Prevenzione della cefalea



Mr. Juan José Boscà

PHYSIOTHERAPIST AND OSTEOPATH D.O.

- Physiotherapist from the University of Valencia (1st promotion of Physiotherapists Graduated in Spain) Collegiate Nº. 212
- Osteopath D.O by the International Court held at the University of Alcalá de Henares
- Degree in Kinesiology and Physiatry from the General San Martin University of Buenos Aires. ARGENTINA.
- Diploma in Nursing from the University of Valencia.
- Psychology Studies. Faculty of Philosophy and Education Sciences. (University of Valencia)
- Physiotherapist and osteopath of the professional tennis player, Sara Errani, No. 1 in Italy and WTA World Top Ten.
- Director of the Physiotherapy and Osteopathy Clinic J.J. Boscà.
- Director of the Postgraduate Institute of Manual Therapy (INSTEMA)

Further training

- Manual Therapy Specialist. Postgraduates in various National and International Universities.
- Specialist in Sports Physiotherapy.
- Specialist in Myofascial Techniques and Cranio-Sacral Induction.
- Specialist in Physiotherapy and Osteopathy Urogynecological and obstetric pregnancy and postpartum. University of Castilla la Mancha and Barcelona.
- Specialist in Osteopathic Manual Physiotherapy. Alcala de Henares University.
- Specialist in Perineo-sphincteric Reeducation. Barcelona with professor Valancogne. France.
- Trained in Kaltenborn Manual Therapy Concept.
- Expert in Nutrition and Orthomolecular Medicine.
- Trained in the Schoroot Scoliosis Method. Autonomous University of Barcelona. University School. F. Gimbernat.

- Trained in Mitchell Techniques of Osteopathy (E.E.O.), by Professor Bournote and J. Sabory.
- Trained at St. Thomas Hospital in London" on Cyriax techniques and vertebral manipulation. London. England.
- Trained in Vertebral Manipulation with Professor Robert Maigne
- Trained in Quality Management in healthcare. Barcelona.
- Trained in Diacutaneous Fibrolysis Techniques "K. Ekman method" University of Zaragoza.
- Trained in the Robin Mckenzie method."Mechanical Algias of the Vertebral Column. New Zealand.
- Trained in Neurodynamics.
- Trained in Muscular Chains of Leopold Busquet University of Seville.
- Postgraduate in Sohler. "Analytical Physiotherapy", University of Zaragoza
- Trained in more than 50 courses in various specialties of Physiotherapy, Management, Osteopathy and Manual Therapy in General.
- Trained in the McConnell Approach to Chronic Low Back and Leg Pain, with Professor Jenny McConnell.
- Trained in Movement Alteration Syndrome of the Lumbar Spine and Shoulder Girdle, with Professor Shirley A. Sahrmann
- Trained in the Mulligan Concept with Professor Francisco Neto.
- Trained in Dermo-Neuro-Modulation with Dr. Diane Jacobs.
- Trained in Clinical Trials for Differential Diagnosis with Dr. Chad Cook.
- Trained in Therapeutic Exercise in disorders of the cervical spine with Dr. Débora Falla

Investigation

Repercussion of the manipulation of the 1st rib c7-d1 cervico-thoracic hinge in patients with heart disease (angina heart attacks, cardiac surgery, etc. Juan José Boscá Gandía D.O.

Study in the healthy population of the radiological modifications in the Lengthening Test according to Dawning. Rafael Caliente Marín D.O., Juan José Boscá Gandía D.O.

Dysfunction of the talus involves the radiological modification of the talus-calcaneal angle. Joan Vicent Capó i Giner D.O, Juan José Boscá Gandía D.O

Association between Cervical Hypomobility and Morphological Changes of the cervical multifidus muscles in patients with mechanical neck pain. Carles Albert Sanchos D.O., Juan José Boscá Gandía D.O.

Randomized clinical trial on the effectiveness of the lumbar articulation technique with the Kaltenborn wedge compared with the manual articulatory technique for lumbar mobilization in chronic low back pain. Carlos López De Celis D.O., Juan José Boscá Gandía. DO

Effect of the Manipulation of the Occipito-Atlo-Axoid hinge in the opening of the mouth. Pilar Mansilla Ferragud D.O., Juan José Boscá Gandía D.O.

Immediate Effects of the Strain/Counterstrain Technique in Local Pain Evoked By Tender Points in the Upper Trapezius Muscle. Chiropractic Clinic. Vol. 9. No. 3. 2006. Pages 112-118 Albert

Atienza Meseguer, Cesar Fernandez de las Peñas, JI Navarro Poza, Cleofás Rodríguez Blanco, Juan Jose Bosca Gandia.

Influence of the C7/T1 thumb move combined with stretching of the annular carpal ligament on the cross-sectional area of the median nerve in a case of bilateral CTS. Francisco Bautista Aguirre, PT, DO, Juan José Boscá Gandía, PT-DO-MRO, and Jesús Oliva Pascual-Vaca, PT .

Ultrasound and algometric changes on the acromio-clavicular joint after the application of the SNAP technique. Boscà Gandia, J. Albert Sanchis C. J. Bruñó Montesa. Dr. Buil M.

Study of the effect of the isolated liver pumping technique on liver enzymes in patients with non-alcoholic fatty liver disease (NAFLD). Boscà Gandia, J. (DO, MRO), Reis Da Sila.

For the record for appropriate purposes:

Instema Director

Mr. Juan José Boscá Gandía

A handwritten signature in dark ink, appearing to be 'Juan José Boscá Gandía', written on a light-colored background.

Tavernes de la Valldigna, April 3, 2024