

Table 2. Main assessment findings

	Initial assessment	At 6-week review	Discharge at 14 weeks
Headache intensity at worst (VAS)	6/10	5/10	4/10
Headache frequency (report over last week)	5-7	4-5	2-3
(R) cervical rotation	60°	75°	85°
(R) Flexion-rotation test	20°	30°	45°
Head left (seconds)	4	9	29
Cx extensor endurance in quadruped (repetitions before fatigue)	5	11	17