

Tension headache: pathophysiology and co-morbidities

Tension-type headache (TTH) is the most prevalent primary headache disorder and associated with a considerable socioeconomic burden. Common comorbidities include depression, anxiety, neck pain, low back pain, and sleep abnormalities. In addition, most patients with migraine have co-existing TTH. The pathogenesis of TTH is believed to involve peripheral myofascial mechanisms, whilst central sensitization and abnormal pain modulation is likely to play a role in chronification of TTH.

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