

IMATCH Treatment Program

Interdisciplinary Method for
the Assessment and Treatment
of Chronic Headache



If you suffer from chronic headaches, with severe headaches occurring several days per week or more, you need intensive therapy. Cleveland Clinic's Headache and Facial Pain Clinic offers a unique treatment option for chronic headaches called IMATCH (Interdisciplinary Method for the Assessment and Treatment of Chronic Headache).

The IMATCH treatment program is designed for headache sufferers whose lives have been severely disrupted. This comprehensive outpatient program simultaneously addresses medical, physical and emotional needs, combining medical management, physical therapy, and group and individual psychotherapy.

A need for a new approach

Traditionally, headaches have been treated exclusively with medications. While this is often helpful, in some cases reliance on medication doesn't resolve the headaches, and may even make them worse. Prolonged inactivity due to pain can cause other pain problems and make it difficult for you to continue with work, social or recreational pursuits. You may find yourself feeling frightened by your headaches, or depressed because of all the disruptions they cause. A team approach—which includes physical therapy, pain and stress management techniques, and medication adjustments—can address all these issues.

Intensive, multidisciplinary care

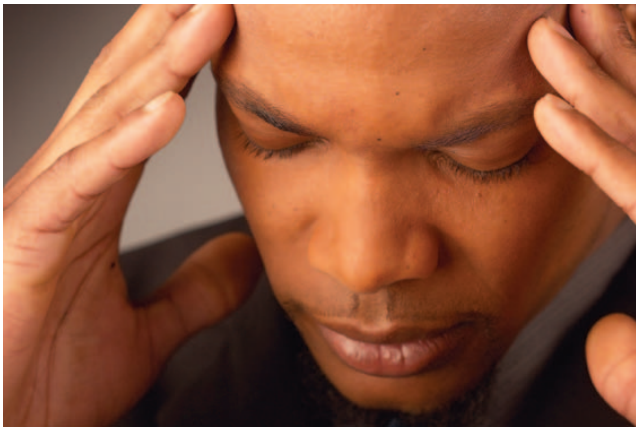
IMATCH is a full-day program, running Monday through Friday for three consecutive weeks. Patients are selected based on prior medical and psychological evaluations at the Cleveland Clinic Headache and Facial Pain Clinic. The first day is spent on orientation to the program, treatment planning and goal setting, as well as a physical therapy evaluation. While some reduction in pain is common, treatment focuses on improving your ability to function in the face of pain, rather than on eliminating pain. We also strive to convert your daily headache into a more episodic pattern. By encouraging the resumption of normal activities, the program places you in charge of your own recovery and seeks to break the passive, crisis-and-rescue focus of prior care.

Infusions and medications

For the next four days following orientation, most patients receive intravenous medication infusions aimed at quickly removing medications that contribute to headaches and/or sedation. The controlled infusion procedure also allows establishment of appropriate headache prevention medications. Nurses will teach you how to use your preventive and headache-abortive medications properly to minimize headache without impairing function. Most patients report feeling considerably better mentally and are less sedated following these infusions.

Physical therapy

Beginning in the first week, the IMATCH treatment program also provides group and individual physical therapies. These interventions emphasize improvement in strength, flexibility and endurance through structured exercise. As you see yourself becoming stronger, you will gradually regain the confidence to increase your activities outside the program as well. Such activity improvements are encouraged; in fact, patient groups frequently visit tourist attractions throughout Northeast Ohio in the evenings and on weekends during treatment.



Psychological treatment

Psychological interventions begin in the first week as well, but become more intensive during the second and third weeks, after the intravenous infusions have been completed. Most of the psychological treatment is completed in groups that utilize cognitive behavioral therapy, providing you with encouragement and support from other patients. You will learn to reduce any depression and anxiety you may have been feeling, as well as to eliminate pain behavior and develop more assertive means of dealing with others. Multiple relaxation techniques are taught, both to control pain and to enable you to avoid panicking during a pain crisis. These skills are enhanced by weekly individual biofeedback sessions and individual psychotherapy. A weekly meeting is held for family members to help you maintain your treatment gains in your home community.

Follow-up care

Patients completing the treatment program have reported significant decreases in the severity and frequency of their headaches, increases in daily function and improvements in mood. The program staff plans follow-up visits after discharge to determine the stability of the changes you have made and to promote further progress.

Locations

The IMATCH treatment program is available at Cleveland Clinic's main campus. The Headache and Facial Pain Clinic offers additional services at the following convenient sites:

- Cleveland Clinic main campus, 9500 Euclid Avenue
- Lakewood Hospital, 14519 Detroit Avenue
- Chagrin Falls Family Health Center, 551 East Washington Street
- Independence Family Health Center, 5001 Rockside Road
- Solon Family Health Center, 29800 Bainbridge Road
- Twinsburg Medical Office Building, 2365 Edison Blvd., Suite 100
- Westlake Family Health Center, 30033 Clemens Road

Contact Us

For an appointment or for more information, call **216.636.5860** or toll free, **866.588.2264**.

Visit us online at clevelandclinic.org/IMATCH.

ABOUT CLEVELAND CLINIC'S HEADACHE AND FACIAL PAIN CLINIC

The Headache and Facial Pain Clinic is dedicated to the diagnosis and management of headache disorders, atypical facial pain and cranial neuralgia. The clinic commonly treats patients with both primary headaches (migraines with and without auras, tension-type headaches, cluster headaches and other less commonly seen headaches) and secondary headaches (cervicogenic and post-traumatic headaches, medication-induced chronic headaches and headaches associated with inflammatory conditions).

We serve more than 7,000 patients a year and offer a specialized infusion service at the Cleveland Clinic's main campus and the Cleveland Clinic Neurological Institute at Lakewood Hospital to provide urgent outpatient care to patients who would otherwise need to visit an emergency room.