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Patients with chronic migraine present persistent functional disorders in the interictal phase: an observational case-control studyl

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Introduction
Migraine is a primary and disabling headache that can be divided into phases: ictal, which corresponds to the period of crisis, and interictal, the period between crises. In the literature, there is little evidence on functional deficits in the interictal phase of chronic migraine; based on this, this study hypothesized that migraine may compromise functionality compared to healthy individuals.

Objective
To investigate the presence of functional deficits in people with chronic migraine during the interictal phase.

Methods
This is an observational case-control study, an arm of a randomized clinical trial. Patients and healthy individuals were evaluated by a physiotherapist with four years of training. The target population consisted of participants diagnosed with chronic migraine for the case group and healthy individuals for the control group. Individuals with other types of headache or with neurological and/or psychiatric diseases were excluded. Both groups underwent all study variables and were evaluated by the same evaluator. An assessment form was used to collect sociodemographic data; an inclinometer to assess ROM; the Visual Analogue Scale to assess pain intensity; the Cervical Disability Index, which assesses and classifies the severity of cervical disability; and the International Physical Activity Questionnaire (IPAQ-SF) to assess physical activity levels. The sample size was 10 participants in each group, using PEPI-for-Windows (WinPEPI), which compares the two groups using the standard deviation (SD), SD migraine group (A) = 2,96; SD control group (B) = 8,56. Finally, all variables were tested for normality using the Shapiro-Wilk test, noting that in all comparisons the p-value was less than 0,05.

Results
A total of 54 participants were included in the study (n=32 in the case group and n=22 in the control group). When compared to the control group, the migraine group presented a smaller range of motion in all cervical movements ($p<0,05$), except for right inclination ($p<0,05$); significantly greater pain intensity during extension and right cervical inclination ($p<0,05$); greater cervical disability ($p<0,001$), only one participant (3,1%) did not present this disability; level of physical activity did not show a significant difference ($p=0,839$).

Conclusion
This study demonstrated that individuals with chronic migraine in the interictal phase present several functional deficits compared to healthy individuals. The findings highlight the need for targeted therapeutic approaches to improve cervical function and quality of life in people with chronic migraine.

Keywords:
Migraine disorders
Pain
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