

MASSAGE THERAPY FOR HEADACHES & MIGRAINES

TYPES OF HEADACHES

MIGRAINE



Pain location:
one side of head

Pain level:
moderate to severe

Duration:
4 – 72 hours

Other symptoms:
nausea, vomiting,
sensitivity to light and
sound

CLUSTER



Pain location:
behind one eye

Pain level:
severe

Duration:
15 – 180 minutes, every
day for weeks at a time

Other symptoms:
congestion, red and
watery eyes

TENSION



Pain location:
both sides of head

Pain level:
mild to moderate

Duration:
30 minutes to 1 week

Other symptoms:
sensation of tightness
across forehead or
sides and back of head

MASSAGE THERAPY CAN HELP

Regular massage therapy treatment, directed towards the neck and shoulders can reduce the frequency and intensity of several types of headaches.



HEAT OR COLD

Tension headaches may benefit from applying heat to tight muscles in the neck or jaw



Vascular headaches, including migraines, could benefit from applying a cold compress

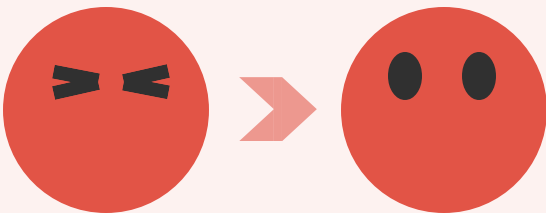
TIPS TO RELIEVE HEADACHES AT HOME

Eyebrow Raise



Raise your eyebrows, hold, count to five, relax and repeat 3-5 times. This stretches forehead muscles that are tightened by frowning.

Squint & Shock



Squint your eyes tightly and count to five. Next, open your eyes in shock and count to five. Repeat. This targets the orbicularis muscles and reduces frontal tension headaches.

Self Massage



Massage the back of the skull, neck, trapezius muscles (top of shoulder), temples and jaw for tension headache relief.

- ✓ Massage therapy can reduce headache frequency, intensity and duration.
- ✓ Massage therapy can have positive effect on migraine experience, stress and sleep for individuals with migraines.
- ✓ The positive effects of massage therapy for headaches can last long after the treatment has ended.

