

# 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 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

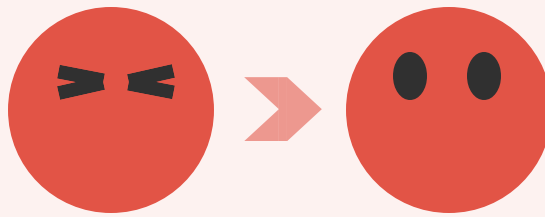
## TIPS TO RELIEVE HEADACHES AT HOME

### 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.

