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 5-5 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.

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