



CARING FOR YOUR HEADACHE DISORDER INTEGRATIVE TREATMENTS FOR ACUTE MIGRAINE PAIN

Our mission is to improve the lives of migraine patients and their families and ultimately help find a cure.

There are many methods for treating migraine without the use of medicines. If you take medicine, using the techniques below will give both preventive and acute medicines a better chance of working. To learn more about how to get started with these and other integrative treatments for migraine, please contact your provider.

Breathing Exercises

Controlling the way you breathe can have direct effects on the nervous system. Research online or ask your provider to teach you breathing exercises to help pain, such as: ratio breathing, belly breathing, breath or finger counting, and heart-focused breathing.

Mindful Movement

Shifting your attention to other parts of the body can help to trick your brain to stop focusing on the pain. You can do this with Yoga, Tai chi, or Qigong. Ask your instructor about poses and routines recommended specifically for migraine relief. You can also practice mindful movement by walking slowly or riding a stationary bike, focusing all of your attention on your feet as they touch the ground or your legs as they pedal.

Stretching Exercises & Relaxation Positions

Many patients with headache disorders have neck and shoulder tightness. Consider trying yoga and other ways to strengthen, stretch, and then relax these muscles. You can also use cushions and other household props to help you relax into positions that can provide pain relief and help with sleep.

Lotions and Oils

Topricin, Arnica, Tiger Balm, Cayenne Pepper lotion, Peppermint oil, Lavender oil, and others may be helpful to relieve and soothe pain. Apply to the location of pain or soreness (e.g. sides of the forehead, neck, or shoulders). Smelling oils such as: Eucalyptus, Peppermint, Lavender, or Headache Relief blends can also help. Add one of these oils to plain lotion, bath water, a diffuser, or hold your chosen oil under the nose for 10-15 min. Test on a small area first. Allergic reactions may occur. Use only

as directed.

Imagery

Imagine that you are some place amazing. The pain is lost and you are in a dream. You could make your own slide show with music, find one on YouTube, Calm.com, or purchase a DVD.