

Headaches can vary in their severity and may affect the head and neck. Common causes include muscle or myofascial tension in the head, neck or jaw, stress, an overuse injury or trauma including head or neck trauma. They may also be the symptom of illness, sinus pressure or seasonal and environmental allergies.

## Most Common Types of Headaches



**Migraines**



**Tension**



**Cluster**

## Common Symptoms

- ➔ Pain felt along the sides of the head or forehead
- ➔ Visual and/or auditory sensitivity
- ➔ Digestive upset including nausea
- ➔ Inflammation and neck discomfort

## Massage Therapy Can Help To:

- ✓ Reduce muscle tension and inflammation
- ✓ Reduce heart rate
- ✓ Reduce blood pressure
- ✓ Improve circulation, assisting in decreasing pain
- ✓ Reduce both the frequency and intensity of headaches

## Start Treating Your Headaches Today!

Your therapist will use a variety of relaxation and remedial massage therapy techniques. They may also recommend stretches, exercises and thermotherapy to build a comprehensive treatment plan. Headaches are sometimes a warning sign of a more serious medical condition. It's important to tell your RMT of any additional symptoms you may be experiencing.



**Make an appointment with your MTAM registered massage therapist or find one at [mtam.mb.ca](http://mtam.mb.ca)**

Evidence-based research on how massage therapy works for this condition and more is available at [massageforlife.ca](http://massageforlife.ca). Information cards are provided by the Massage Therapy Association of Manitoba as a courtesy to our members.