

Migraines: Find Peace of Mind Through Massage

What Are Migraines?

A migraine is marked by moderate to severe pain and throbbing in the head, and can be accompanied by nausea as well as sensitivity to light. In some cases, these painful headaches are preceded or accompanied by a sensory warning sign, such as flashes of light, blind spots or tingling in your arm or leg.

Fortunately, management of migraine pain has improved dramatically in the last decade. Although there's still no cure, alternative treatments like chiropractic adjustments and massage have been found to reduce the frequency and severity of migraines.

How Can Massage Help?

Massage is a great way to reduce stress and relieve tension- two of the main causes of migraines. Research at The Touch Institute of the University of Miami School of Medicine found that massage therapy decreased the occurrence of headaches, sleep disturbances and distress symptoms while increasing serotonin levels in adults with migraine headaches.

What Techniques Will Be Used?

Effective Chiropractic's licensed massage therapist integrates a variety of techniques into her work. Depending on the severity of your migraines or tension headaches, our therapist may utilize reflexology or Swedish massage, or certain methods that address your specific requests and needs.

Is There Lasting Relief?

Migraines and other types of headaches are one of the most common complaints seen in the doctor's office today. The Mayo Clinic recommends that patients with migraines spend at least a half-hour each day doing something either relaxing or that involves the relaxation of muscles. With our affordable 30, 60 and 90 minute massage sessions, you can receive the benefits of massage at regular intervals. This is particularly effective for managing severe headaches and migraines, as you can easily visit our office prior to, during, or after symptoms occur. If you have any pressing concerns, please consult one of our chiropractic doctors.

Sources include:

Mayo Clinic and The Touch Institute of the University of Miami School of Medicine