

Your Headache & Migraine Relief Guide

Simple, honest steps to ease headaches and migraines — and how to know when one needs a closer look.

The overwhelming majority of headaches are unpleasant but not dangerous. Most are tension headaches or migraines — the headache itself is the problem, not a sign of something worse — and many have a neck-and-posture component that responds well to sensible habits and conservative care. Here's where to start, plus the short list of warning signs that mean it's time to get help without delay.

Feel better starting today

- 1 Track your triggers.** Skipped meals, poor sleep, dehydration, stress, screens, and certain foods set off headaches for many people. Jot down what came before each one, and you'll start to see your own pattern.
- 2 Hydrate, eat, and sleep on a rhythm.** Drink water through the day, don't skip meals, and keep a steady sleep schedule — even on weekends. A lot of everyday headaches trace back to one of these three.
- 3 Ease neck and shoulder tension.** Hours at a screen tighten the muscles at the base of the skull and stiffen the upper neck, which can refer pain up over the head. Take breaks, roll the shoulders, and gently stretch the neck.
- 4 Fix your screen setup.** Raise your monitor to eye level, sit back in the chair, and keep the phone up instead of craning down at it — forward head posture is a common headache driver.
- 5 Rest early in a migraine, and don't overuse painkillers.** At the first sign, a dark, quiet room can shorten an attack. And leaning on over-the-counter pain pills too many days a week can actually create rebound headaches — worth getting looked at if you're reaching for them often.

Common types & triggers

- **Tension headaches** — a dull, band-like tightness around the head, often from stress and muscle tension.
- **Migraines** — throbbing pain, often one-sided, sometimes with nausea and sensitivity to light or sound.

- **Migraine with aura** — temporary visual or sensory signs (shimmering zigzags, a growing blind spot, tingling) before or during the headache.
- **Cervicogenic headaches** — pain that actually starts in the neck, driven by stiff upper-neck joints and forward head posture.

⚠ **Seek emergency or urgent care right away if...**

- You have a sudden, severe **"thunderclap" headache** that peaks within seconds — or the **worst headache of your life**
- A headache comes with **fever and a stiff neck** (possible meningitis)
- A headache brings **new neurological signs** — weakness, slurred or difficult speech, vision loss, or confusion (this can mimic a stroke, including with migraine aura)
- A headache follows a **head injury**
- You have a **new or clearly changed headache pattern after age 50**

A first-ever aura, an aura lasting over an hour, or aura with one-sided weakness or speech trouble also needs urgent evaluation — you can't tell an aura from a stroke in the moment. These are uncommon, but they need emergency care, not a home remedy. When in doubt, call 911 or go to the ER.

How we help at Thrive

Every headache visit at Thrive Chiropractic in Troy begins with a red-flag screen — Dr. Rubinstein checks for the warning signs above and arranges medical referral if anything raises concern, because serious types need a medical diagnosis first. Once those are ruled out, care is a strong fit for the neck-and-posture side of headaches: gentle **upper cervical care** to restore motion where a **spinal subluxation** is limiting the upper neck, **soft-tissue and massage therapy** to ease tension at the base of the skull, and **posture and ergonomic coaching** to reduce the daily strain.

We're honest about scope: chiropractic care addresses the neck-tension and cervicogenic component — it is not a cure for migraine, which is a medical condition, and we work alongside your medical team rather than replacing it. You'll get a specific plan and timeline after your exam.

Call us

(248) 574-9355

Online

thrivechiropractic Troy.com

Visit us

2133 Crooks Road, Troy, MI 48084

Book a visit

thrivechiropractic Troy.com/schedule

Medical disclaimer: This guide is general educational information from Thrive Chiropractic of Troy and is not medical advice, diagnosis, or treatment. It doesn't replace a visit with a qualified healthcare provider. Headaches and migraines

have many causes; please see a professional for advice about your specific situation, and seek emergency care for any of the warning signs above. © Thrive Chiropractic of Troy.