



1 WHAT IS IT?

Migraine is a neurological condition that can cause recurrent headaches and a range of other symptoms. It involves changes in how the brain and nervous system process pain and sensory information.



1 in 5 women
and 1 in 15 men
experience migraine.



Most common
in people aged
15–55 years.



3rd leading cause
of years lived with disability
worldwide.



Migraine is treatable.
With the right approach, many
people can reduce frequency,
intensity and impact.



**You are not alone – and
there is help.**

2 WHAT'S HAPPENING? The migraine system

Brain sensitivity

The brain can become
more sensitive to
sensory input.

Trigeminal system

The trigeminal nerve
carries pain and other
sensations from the
face, head and blood
vessels to the brain.

Blood vessels & inflammation

Changes in blood flow
and inflammation can
activate pain pathways.

Pain pathways

Signals travel to pain
centres in the brain
where they can be
amplified.

Associated systems

Hormones, stress,
sleep, digestion,
neck muscles and
sensory input can
all influence migraine.

This can result in:



Headache



Nausea



Sensitivity to light,
sound or smells



Dizziness or fatigue



Neck or jaw pain



DID YOU KNOW?

Migraine is not "just a headache". It is a whole-brain condition involving multiple systems. Understanding your unique triggers and patterns is the key to effective management.

3 WHAT WILL YOUR PHYSIOTHERAPIST ASSESS?

A thorough assessment helps identify what may be contributing to your migraine.

Your story

We discuss your migraine
history, patterns, triggers
and how it affects
your day-to-day life.



Head & neck

We check neck movement,
muscle tension, posture
and joint function that
may influence your
symptoms.



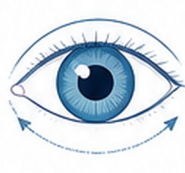
Jaw (TMJ)

We assess jaw movement,
muscle activity and
clenching or grinding
that can trigger
or worsen migraine.



Eyes & vision

We screen eye movements,
focus, convergence and
sensitivity to visual
stimuli where
relevant.



Balance & vestibular system

We assess balance,
vestibular function and
motion sensitivity if
dizziness is present.



Nervous system & sensitivity

We look at how your
nervous system
responds to touch,
movement, light,
sound and stress.



Your assessment is individual. We identify the factors most relevant to you so your treatment is specific and effective.

4 WHAT CAN PHYSIOTHERAPY TREAT?

Treatment is tailored to your goals and the stage of your migraine.

Reduce neck & jaw muscle tension

Hands-on therapy,
exercises and techniques
to reduce tension and
improve movement.



Improve movement & posture

Exercises to improve
strength, control and
posture for less strain
on your system.



Calm the nervous system

Strategies to reduce
sensitivity, settle pain
pathways and improve
stress resilience.



Address triggers & habits

We help identify and
manage triggers such
as sleep, stress, screens,
exercise and hydration.



Improve sensory tolerance

Graded exposure to light,
sound, movement and
busy environments
to build tolerance.



Education & self-management

Practical strategies
and a home program
to empower you
every day.



OUR GOAL: To understand the factors contributing to your migraine and help you reduce frequency, intensity and impact so you can get back to living life.

