Chichester PHYSIO LTD

7 EXPERT TIPS FOR MANAGING MIGRAINES EFFECTIVELY



WRITTEN BY:

LINDY GRIFFITHS

OWNER & PRACTITIONER:

CHICHESTER PHYSIO

01243 783040

chichesterphysio.co.uk

COPYRIGHT NOTICE

02

2025 Chichester Physio Ltd.

All rights reserved.

Any unauthorised use, sharing, reproduction, or distribution of these materials by any means—electronic, mechanical, or otherwise—is strictly prohibited. No portion of these materials may be reproduced in any manner whatsoever without the express written consent of the publisher.
Published under the Copyright Laws of the United Kingdom by:

Chichester Physio Ltd

Hammers Farm Offices Main Road, Bosham,
hester, United Kingdom, PO18 8EH

info@chichesterphysio.co.uk
chichesterphysio.co.uk



ABOUT LINDY GRIFFITHS OF CHICHESTER PHYSIO

Lindy Griffiths is the the founder of Chichester Physio, specialising in the treatment of a wide range of musculoskeletal conditions. She provides expert care for individuals of all ages, from athletes to those suffering from chronic pain or injury. Lindy focuses on helping patients with back and neck pain, sports injuries, joint issues and post-surgical rehabilitation. She works closely with individuals dealing with mobility limitations, providing tailored physiotherapy plans that promote long-term recovery and enhanced quality of life. Lindy is dedicated to ensuring her patients regain full movement, strength, and confidence, enabling them to return to their everyday activities and improve their overall well-being. With a compassionate, hands-on approach, she uses evidence-based techniques to assess and treat each patient, ensuring the most effective care. Lindy is passionate about educating her patients on how to prevent future injuries, improve posture, and maintain an active, healthy lifestyle. Through her expertise and personalised approach, she empowers individuals to take control of their recovery and continue living life to the fullest.

INTRODUCTION

04

In this Special Report on Understanding and Easing Migraines, I'll share seven key strategies that can help you reduce migraine intensity, manage symptoms more effectively, and regain control over your daily life. Some of these approaches may offer immediate relief, while others are designed to support long-term change and lasting relief.

There's a saying I often share with patients: "Small hinges swing big doors." In other words, simple changes—when done consistently—can lead to powerful results. While I may not know your exact migraine history, my experience has shown that these strategies are highly effective in reducing the frequency and impact of migraine episodes.

Just imagine how different your days could feel by applying even one of these strategies consistently. Over time, you'll begin to build a personalised toolkit that helps you prevent and manage migraines naturally—so you can focus on living life instead of avoiding pain.

Here's my challenge to you: Try at least one of these tips each day. Most take just a few minutes and cost nothing—but they do require one thing: your commitment to putting your health first.

Keep reading below...

7 EXPERT TIPS FOR MANAGING MIGRAINES EFFECTIVELY

1. Improve Your Posture

Many migraines are rooted in poor postural habits—especially for those who spend long hours sitting at desks, driving, or looking down at their phones. Slouching or forward head posture increases strain on the neck, shoulders, and upper spine, which can irritate nerves and restrict blood flow to the head.

What to do:

- Keep your ears aligned with your shoulders when sitting or standing.
- Adjust your workstation so your screen is at eye level and your feet are flat on the ground.
- Use a lumbar roll or cushion to support your lower back.
- Set reminders to stand, stretch, or walk every 30–60 minutes.

Good posture isn't about being stiff—it's about reducing unnecessary strain on your body, especially in the areas that influence migraines.

7 EXPERT TIPS FOR MANAGING MIGRAINES EFFECTIVELY

2. Stretch the Neck & Shoulders

Tight muscles around the neck and shoulders are one of the most common physical contributors to migraines. These muscles —like the upper trapezius, suboccipitals, and levator scapulae— can develop trigger points that refer pain directly to the head.

What to do:

- Perform gentle neck stretches: side bends, chin tucks, and neck rotations.
- Use shoulder rolls and scapular squeezes to reduce tension buildup.
- Try foam rolling your upper back and shoulder blades to release tight fascia.

Bonus tip: Stretch first thing in the morning or after long periods of sitting to reset your posture and reduce strain.



7 EXPERT TIPS FOR MANAGING MIGRAINES EFFECTIVELY

3. Stay Hydrated & Nourished

Dehydration and low blood sugar are well-known migraine triggers. When your body doesn't have enough fluid or energy, it places stress on your nervous system, which can increase the likelihood or intensity of a migraine.

What to do:

- Aim for 6–8 glasses of water daily (more in hot weather or if you're active).
- Eat regular, balanced meals—don't skip breakfast!
- Include foods rich in magnesium and B vitamins (e.g., leafy greens, nuts, and whole grains), which support nerve and brain health.

A well-fueled body is far more resilient to migraine attacks.



7 EXPERT TIPS FOR MANAGING MIGRAINES EFFECTIVELY

4. Use Cold or Heat Therapy

Temperature-based therapies can help reduce inflammation and ease muscle tension, depending on the source of your migraine. For example, a cold compress may numb throbbing pain, while heat can soothe tight muscles in the neck and shoulders.

What to do:

- Apply a cold pack to your forehead or temples for 15–20 minutes during an attack.
- Use a heat pack on your upper back and neck to relax muscles between episodes.
- Always use a towel between your skin and the hot/cold source to prevent irritation.

You can experiment to see what works best for your body—some people respond better to cold, others to heat.



5. Learn Breathing & Relaxation Techniques

Stress is one of the most powerful and overlooked migraine triggers. Even when the pain seems physical, the nervous system's sensitivity is heavily influenced by mental and emotional tension. Learning to regulate your breathing and calm your mind can significantly reduce migraine frequency and severity.

What to do:

- Practice diaphragmatic (belly) breathing: inhale deeply through your nose, letting your belly rise, then exhale slowly.
- Try progressive muscle relaxation—tighten and relax each muscle group from your toes to your head.
- Consider meditation, yoga, or guided imagery to promote a state of calm.

Just 10 minutes a day of mindful breathing can help retrain your brain to respond differently to stress—and reduce the intensity of your migraines.

6. Track Your Triggers & Patterns

One of the most empowering tools for managing migraines is knowledge—specifically, self-awareness. By tracking your symptoms, routines, diet, and environment, you can start identifying patterns and triggers that might otherwise go unnoticed.

What to do:

- Keep a migraine journal: log when a migraine starts, how long it lasts, what you ate, your stress level, how you slept, and any physical activities or posture changes.
- Use an app or calendar to help spot trends over time.
- Share your journal with your healthcare provider or physical therapist to fine-tune your treatment.

When you know your body's patterns, you can take proactive steps to prevent migraines before they even begin.

7 EXPERT TIPS FOR MANAGING MIGRAINES EFFECTIVELY

7. Seek Professional Manual Therapy

Hands-on techniques provided by a trained physical therapist can address key musculoskeletal and neurological contributors to migraines. Manual therapy helps improve circulation, reduce nerve irritation, and release deep tension that can't be reached through stretching alone.

What we do in the clinic:

- Soft tissue massage to reduce muscle tightness.
- Trigger point release in the neck and shoulders.
- Joint mobilisation to restore healthy movement in the cervical spine.
- Myofascial release to free up fascial restrictions that could be contributing to nerve compression.

Patients often experience both immediate relief and long-term improvement with regular manual therapy sessions.



WHAT TO DO NEXT

12

Combine all the tips in this Special Report with a visit to a hands-on physical therapist, and you could experience a dramatic reduction in the intensity, frequency, and impact of your migraines.

Note: The traditional model of high patient volume, quick adjustments, or passive-only treatments—like ice packs, electric stimulation, or heat—will NOT provide the personalised, hands-on approach required to address the root causes of migraines. These methods may offer short-term relief but rarely produce lasting change.

Large physical therapy chains that operate like "mills" simply aren't designed to offer the kind of focused, one-on-one care that migraines truly require. Your migraine triggers and symptoms are unique to you, which means your care plan must be tailored around your needs, your body, and your goals. That's exactly what we do.

And to be clear— we have nothing against those "mill-like" clinics. They help a lot of people, and we're genuinely glad for that. But if you're looking for truly specialised migraine care—where we dig deep, look at the whole picture, and treat you like the individual you are—then our clinic may be a better fit.

Here, we believe you're capable of more—and you deserve more. We look closely at posture, breathing, muscle tension, nerve sensitivity, and lifestyle factors. Then we build a comprehensive, hands-on treatment plan that helps calm your nervous system, relieve physical triggers, and restore balance to your body. Our sessions are interactive, empowering, and yes—sometimes our patients leave feeling lighter, looser... and even a little sweaty. You don't have to live with migraines holding you back. Let's help you move forward—one step at a time.

If that is the type of "PT" you are looking for, CONGRATS, our office was built with patients like you in mind. Call today on 01243 783040.

CONCLUSION

13

So, there you have it — seven practical strategies to help you understand and manage migraines. From recognising your individual triggers and keeping a migraine diary to improving sleep habits, staying hydrated and learning relaxation techniques, small changes may help reduce the impact migraines have on everyday life.

Migraine is a neurological condition, and what helps one person may not help another. Neck and shoulder tension can sometimes contribute to discomfort, but it is important not to assume that all migraine symptoms are caused by muscles, posture or the spine. If your headaches are frequent, worsening or changing, seek advice from your GP or another appropriate healthcare professional.

At Chichester Physio, our physiotherapy team can assess whether neck pain, muscle tension or movement-related symptoms may be contributing to how you feel. Where appropriate, we can offer personalised advice, hands-on treatment and exercises to address those musculoskeletal issues alongside your wider migraine care.

We hope this report has given you some useful ideas and the confidence to take the next step towards managing your symptoms.

Your Free Discovery Visit

If you would like to find out whether physiotherapy could help with your neck or shoulder symptoms, we invite you to book a free Discovery Visit with one of our physiotherapy team. We will listen to your concerns, discuss your symptoms and explain how we may be able to help.

Call Chichester Physio on **01243 783040** and mention this free migraine report to arrange your visit.

HEALTH DISCLAIMER

We strive to provide accurate and helpful information regarding pain and injury management in this guide.

However, the examples and advice presented are based on common conditions we see at Chichester Physio and may not apply to every individual. Each person's symptoms, recovery process, and response to treatment can vary due to factors such as medical history, genetics, lifestyle, stress levels, adherence to treatment, and other psychosocial influences.

This guide is not a substitute for professional medical advice. A full assessment and physical examination by a qualified practitioner are necessary to determine the most appropriate treatment for your specific condition. While we provide expert care at Chichester Physio, the recommendations here cannot replace an in-person consultation.

We encourage you to seek professional assessment before beginning any new treatment plan. There is always a risk of further injury if appropriate medical guidance is not followed. No guarantees of specific results are made or implied in this report.

THANK YOU



Thank you for taking the time to read this report. We understand that living with pain can be challenging, and we are here to support you every step of the way. If you would like to learn more about how Chichester Physio can help, we invite you to book a **FREE telephone consultation** with our expert team.

How Do I Book My Free Phone Consultation?

Booking your **FREE telephone consultation** is quick and easy!

Visit our website: chichesterphysio.co.uk
Call us directly: 01243 783040

Our expert team is ready to help you take the first step towards relieving pain and restoring movement. Don't wait—book your consultation today!