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| Decrease headache pain with one of these techniques.Headaches are one of the most common ailments diagnosed and treated by physicians. Migraine headaches occur in approximately **18 percent of women** and **6 percent of men** in the United States.Many techniques in addition to medications have been found to effectively decrease headache pain. Usually, these methods are most effective when used at the onset of a migraine or headache.**These additional techniques include:**• Breathing exercises• Hot/cold applications• Massage• Physical therapy• Dry needling• Acupuncture• IV hydrationConsult with your Everside Health provider for guidance on which treatments are appropriate for you. |
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