

Headache Management

Headaches are one of the most common and persistent symptoms after a concussion. You may have headaches that affect your daily activities and return to life. Keeping track of headache details and possible triggers may be helpful to manage headaches.

What are some headache management strategies?

Things to Avoid

- Caffeine: max 2days/week
- Alcohol & drugs
- Dehydration: drink approx. 2L of water daily
- Hunger: eat consistent meals or protein snacks
- Headache triggering stimuli (e.g., busy places)

Healthy Sleep Hygiene

- Go to bed and wake up the same time every day
- Have a bedtime routine
- Keep bedroom cool & dark
- Avoid electronics at least 1 hour before bedtime
- Limit daytime naps

Mindfulness & Relaxation

- Use deep breathing techniques like box breathing, belly breathing
- Download mindfulness apps like Headspace, Calm, Insight Timer
- Check out the LoveYourBrain website

Physical Activity

- Begin sub-symptom threshold exercise after initial 24-48hrs of rest
- Begin with 20-30min of low cardio, aerobic exercise (e.g., walking)
- Plan exercise, take breaks, & monitor symptoms

Ergonomics

- Adjust home or office workstation to minimize eye and neck strain
- Move screens & monitors to eye level
- Use rule of 20s for eye strain: every 20min, look 20ft away for 20sec

Vitamins/Minerals & Medication

- Helpful daily vitamins may include riboflavin (200mg; 2x/day), magnesium citrate (250mg; 2x/day), & coenzyme Q10 (150mg; 2x/day)
- Discuss the role of medication with your doctor (e.g., timeline, benefits, side effects)