



## MIGRAINES

### What are Migraines?

Migraines are a common brain disorder, that can lead to episodic symptoms, the most common is headaches. However, migraine can also cause dizziness and other symptoms such as nausea, vomiting, visual symptoms, anxiety and reduced concentration.



### How can we help?

We feel it is important to determine the many factors that can contribute to episodic symptoms and will often liaise closely with your doctor or specialist. Reduced neck and head control, motion sensitivity, visual dependence can all respond to careful physiotherapy and vestibular rehabilitation, while education about the brain and sensory processing can assist you identify your triggers and assist to you self-manage your migraine over time.

### Services

- 1:1 Consultation with a physiotherapist
- Multi-disciplinary collaboration with your medical team
- Home exercise program planning
- Specific neck treatments and lifestyle advice