

PATIENT GUIDE

Your Headache Relief Guide

Simple, practical steps from Left Hand Chiropractic Center, Longmont, CO.

Most headaches follow patterns you can spot and change. Use this guide to understand what may be driving yours, try a few things at home, and know when it is time to get checked out.

START HERE

First, which headache is it?

Knowing the type points you toward what helps.

Tension

A tight band or steady pressure around the head, often with stress or long desk hours.

Migraine

Throbbing pain, often on one side, with nausea or sensitivity to light and sound. This is a neurological condition and may need medical guidance.

Cervicogenic

Neck-related. Starts in the neck and refers up into the head, often worse with certain neck positions.

EVERYDAY HABITS

Daily adjustments that help

Small, consistent habits reduce how often headaches show up.

1

Hydrate. Dehydration is a common, easy-to-miss trigger.

2

Protect your sleep. Keep a steady schedule.

3

Take movement breaks. Stand and reset your neck and shoulders every 30 to 45 minutes.

4

Fix your setup. Raise your screen to eye level and keep your head stacked over your shoulders.

5

Watch the swings. Skipped meals, caffeine spikes, and long stretches of screen time can all set headaches off.

AT HOME

Gentle moves to try at home

Move slowly and stay within a comfortable range. Stop if pain sharply increases.

Chin tucks

Gently draw your chin straight back, hold a few seconds, repeat.

Upper trap stretch

Ease your ear toward your shoulder until you feel a light stretch.

Shoulder rolls

Roll the shoulders back and down to release tension.

Doorway chest stretch

Open through the chest to counter forward-head posture.

WHEN TO GET CHECKED

Consider an assessment

If your headaches are frequent, keep coming back, or are pulling you away from work, sleep, or the things you enjoy, a focused assessment can find the pattern and give you a clear plan.

Ready when you are.

Book at Left Hand Chiropractic Center in Longmont.

Call (303) 651-7003 or schedule online through our JaneApp booking link.



SCAN TO BOOK

This guide is for education only and does not replace an in-person evaluation, diagnosis, or treatment from a licensed provider.