



STRUCTURE & FUNCTION®
EDUCATION

AT-HOME HEADACHE EXERCISES

- Both packets have the same information, your choice of Black & White or Color for reuse.
- Feel free to put your company/clinic logo above the title of the handout before using.

For more information, please visit our website: www.structureandfunction.net
And read this article on headaches and check out our online course on [treating patients with migraine](#).

AT-HOME HEADACHE EXERCISES

Headaches can be debilitating, affecting your daily life and overall well-being. This guide provides simple and effective at-home exercises designed to alleviate headache symptoms and reduce their frequency. By incorporating these exercises into your routine, you can improve your posture, reduce muscle tension, and promote relaxation. Our goal is to empower you with practical tools to manage and prevent headaches, enhancing your quality of life and enabling you to stay active and pain-free.



Chin Retraction Sitting

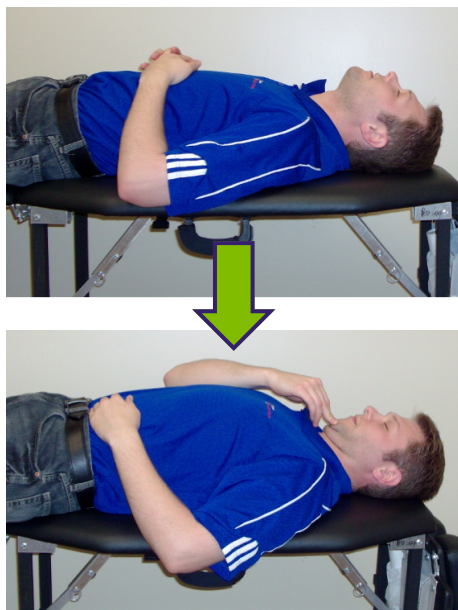
This exercise is designed to decrease pain in your arms and neck.

Setup:

1. Start seated in a chair sitting up tall.
2. Move your head back as far as you can while keeping your chin tucked.
3. You should remain looking straight ahead, do not look down.
4. This is retracted position. Once you have achieved retraction, use one of your hands to gently push yourself into more retraction.
5. Hold for a few secs and relax.
6. Repeat as much as necessary, minimum 1 set every waking hour.

Notes:

- Remain looking straight ahead at all times.
- A mid-backed chair is optimal for this exercise.
- This can be done anywhere at any time.



Retraction in Lying

This exercise is designed to decrease pain in your arms and neck

Setup:

1. Lie on your back with your shoulder touching.
2. Push the back of your head into the mattress/ground and tuck your chin in. You should always be looking straight upwards, do not look towards your feet.
3. Using one hand push your chin back gently.
4. Hold for a few secs and relax.
5. Repeat 10 times as much as possible. Minimum 1 set every waking hour.

Notes:

- After you have performed 10 retractions, evaluate your neck pain. If it has moved towards your neck (spine) or decreased, then continue.

Masseter Self PIR/Stretch

This exercise is designed to lengthen your jaw muscles.

Setup:

1. Start seated with one elbow on a table or on your knee. The same arm supports your forehead.
2. Place the fingers of the other hand on your front lower teeth.
3. Relax your jaw. Gently bite down resisting with your hand.
4. Hold for 10 secs and then yawn while relaxing.
5. Let your jaw relax and open wider.
6. Repeat 4-5 times. Repeat 3-4 times a day.

Notes:

- The hand on your forehead should feel for and prevent flexion and extension of your head.

Pterygoid Self PIR

This exercise is designed to lengthen your jaw muscles.

Setup:

1. Start seated with one elbow on a table or on your knee. The same arm supports your forehead.
2. Place the web of the other hand on your chin.
3. Gently push your chin into your hand.
4. Take a deep breath in and hold for 10 secs.
5. As you exhale, relax your jaw and let it sink back.
6. Repeat 4-5 times. Repeat 3-4 times a day.

Notes:

- The hand on your forehead should feel for and prevent flexion and extension of your head.

Supine Retraction with Towel

This exercise is designed to help restore your cervical curve.

Setup:

1. Lie on your back with your shoulder touching the table.
2. Place a rolled up small towel at the base of your neck.
3. Push the back of your head into the mat/ground and tuck your chin in. You should always be looking straight upwards towards ceiling.
4. Using one hand push your chin down gently further.
5. Hold for a few secs and relax.
6. Repeat 10 times as much as possible. Minimum 1 set every waking hour.

Notes:

- After you have performed 10 retractions, evaluate your neck pain. If it has moved towards your neck or decreased continue.

Prone DNF

This exercise is designed to improve function of the neck muscles.

Setup:

1. Lay on your stomach with your arms above your head and elbows bent at 90o
2. Place your forehead on the table.
3. Slightly tuck your chin and gently press your elbows into the table while lowering your shoulder blades downward.
4. Raise your entire head off the table focusing to make the majority of the movement come from your upper back.
5. Hold for 2 secs and return your forehead to the table.
6. Repeat 10 times for 3 reps

Notes:

- Your chin should not move during this exercise.
- Your neck and shoulder muscles should be relaxed.
- Make sure the movement comes from your upper back.

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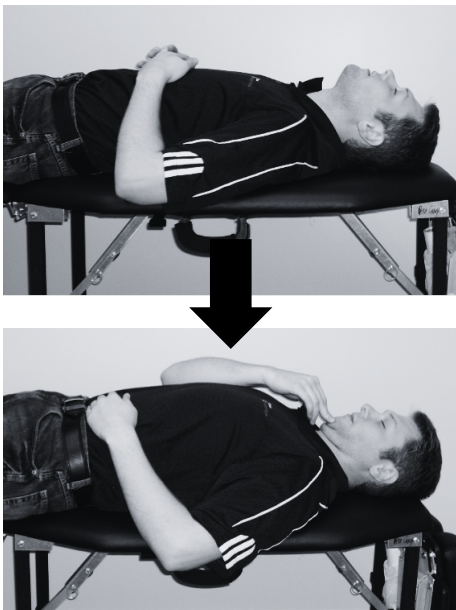
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