

# Headache Management – Resource List

## Websites

<http://www.americanmigrainefoundation.org> American Headache Society/American Migraine Foundation

<https://migrainecanada.org/> Migraine Canada is an alliance of patients and health care providers working together to improve the lives of people living with migraine and other headache disorders in Canada.

<https://myhealth.alberta.ca/Learning/early-concussion/healing-and-follow-up> Primarily for clients with early concussion, with additional resources for other groups with brain injuries.

<https://myhealth.alberta.ca/Learning/sleep-strategies/how-to> MyHealthAlberta Sleep Module.

<https://www.ihe.ca/research-programs/hta/aagap/headache> A Canadian website providing numerous patient information sheets and other helpful resources.

[www.headaches.org](http://www.headaches.org) The National Headache Foundation website has many resources, including tools, many webinars (including sinus headache vs. migraine, behavioural strategies), podcasts, and Migraine U.

<http://dawnbuse.com/relaxation.htm> Relaxation tracks for headache clients.

## Videos

<https://www.youtube.com/watch?v=FtSP-tkSug> (Dr. Gil Hedley, Anatomist: 'The Fuzz Speech' on the importance of fascia, movement and stretching)

## Diaries

<https://cumming.ucalgary.ca/centres/anesthesiology/chronic-pain-centre/our-patients/resources> Chronic Pain Centre headache diary.

## Mobile Apps

Please note that Apps may involve a cost (\$\$\$) to you.

## Headache Management – Resource List| 2

**Canadian Migraine Tracker.** You can monitor headache frequency, triggers, symptoms, and medication response.

**Migraine Buddy.** Allows you to track the location of pain, triggers, and lifestyle factors - all specific to migraine. It also features a weather tracker and can send you weather alerts.