



Could Chiropractic Help Your Migraines? Here's What You Need to Know



If you've ever had a migraine, you'll know it's no ordinary headache. For some people, it starts with an aura – flashing lights, zigzag lines or blurred vision. Others feel violently nauseous, dizzy, or light-sensitive, sometimes for days. Some can't bear noise. Some feel spaced out, foggy, or flat-out exhausted. And the truth is, there are several types of migraine – and no two people experience them quite the same way.

That's why at Sanctuary Chiropractic, we don't take a "one-size-fits-all" approach. Instead, we use a structured, research-informed protocol designed specifically for migraine and headache sufferers. Our goal is to understand what's going on beneath the surface, and then gently support your body's ability to rebalance and recover – without medication, if possible.

So how does chiropractic help with migraines? And what makes our approach different? Let's take a look...

Understanding Migraines and the Nervous System

Migraines are complex. They're not just head pain – they're often the result of dysfunction in the nervous system, which includes your brain, spinal cord and the vast network of nerves running through your body. Disruptions in this system can lead to

overstimulation, misfiring pain signals, and poor communication between key brain regions – all of which can trigger or prolong migraines.

At Sanctuary Chiropractic, we use the McTimoney method – a gentle, whole-body approach – to assess and correct subtle misalignments, reduce tension, and restore balance to the nervous system. This helps relieve pressure and allows clearer, more accurate communication between the brain and body.

But that's just the foundation.

Digging Deeper: Central Sensitisation and Pain Pathways

For many long-term migraine sufferers, the nervous system gets “stuck” in overdrive – a state known as central sensitisation. It's a bit like an overly sensitive car alarm that goes off every time a leaf blows past. Your body starts to react to normal signals as if they were threats, which makes everyday life a bit of a minefield.

This is where our Headache Protocol goes deeper than standard chiropractic. We use specific tests to check for signs of central sensitisation and assess how your vestibular system, cerebellum, and brainstem are functioning – areas of the brain and body that help regulate balance, coordination, sensory processing, and pain control.

These tests include:

- **Vestibular assessments** (e.g., eye tracking, head movement coordination, balance tests)
- **Cerebellar checks** (e.g., finger-to-nose tests, rapid alternating movements)
- **Primitive reflexes**, to explore how your nervous system is managing stress and stability

If we find areas of dysfunction, we then personalise a programme of gentle rehabilitation exercises to help retrain the nervous system and restore normal function.

This might include:

- Gaze stability exercises
- Balance walking
- Gentle spinal stimulation
- Breath work, singing or gargling (to activate the vagus nerve)
- Light movement and coordination tasks

These exercises are simple, safe, and designed to integrate into your daily life – and they work *with* your body's natural systems to reduce pain and improve resilience over time.

The Sanctuary Chiropractic Protocol – A Truly Multidimensional Approach

Here's where we stand apart. Our migraine care is not just about spinal adjustments. It's a full protocol built on the best of chiropractic, neurological rehab, and lifestyle support.



We look at:

- **Vestibular and cerebellar function** – How your balance and coordination systems are working
- **Brainstem and cranial nerve integrity** – To check for deeper nervous system imbalances
- **Jaw and limbic system links** – Because jaw tension, emotional stress and trauma can all contribute
- **Lifestyle factors** – Including sleep routines, movement habits, and mental load
- **Nutritional support** – We often recommend supplements like magnesium and B vitamins which have been shown to support nervous system function

We also support clients with ways to calm the limbic system – your emotional and survival brain – using gentle approaches like yoga, journaling, baths, and meditation, all of which can help your nervous system become more adaptable and less reactive.

And yes, we do encourage movement and exercise, even in a gentle form. Why? Because research studies (like [this one](#)) show that exercise reduces inflammation and lowers pain sensitivity, especially when it involves the body part that hurts. Movement really is medicine – and we tailor it carefully, depending on what your body needs.

Real People, Real Relief

Whether you're a student missing school days, a parent who can't predict when the next migraine will strike, or someone who's tried "everything" and still feels stuck, our approach gives you something different: understanding, clarity, and a plan.

We're not here to tell you it's all in your head. We're here to show you what's going on with your head – and help you feel back in control.

Start Your Journey

If you're ready to look beyond symptom relief and start addressing the root causes of your migraines, we'd love to welcome you to Sanctuary Chiropractic in North Stoke.

Both Zoe and I are experienced McTimoney chiropractors, and we'll work with you to assess your full system, understand your migraine history, and build a personalised care plan that fits your life.

Book your appointment [here](#)

Let's get you started on the road to fewer migraines – and more good days.