

Headache Type by Symptom

<http://triggerpointrelief.com>

Type of Headache	Location of Pain	Quality of Pain	Duration of Pain	Pain Level	Other Common Symptoms	Common Triggers
Migraine without aura	Often one-sided, but can be both, or switch from side-to-side. Some people have pain behind the eye, or on the neck and back of the head.	Usually throbbing, pounding, or pulsating	four hours to three days typical	moderate to severe	nausea, vomiting, depression, fatigue, disturbed sleep, tenderness in the neck and scalp, cold and sweaty hands and feet, and/or sensitivity to light, sound, and smells	Menses, alcohol, smoking or exposure to smoke, weather, allergies, altitude changes, jet lag, hormonal changes, stress, sun glare, flashing lights, constipation, some medications, lack of food, water, sleep, or exercise, strong smells such as petroleum fumes and perfumes/colognes, and foods that contain caffeine, (MSG), and nitrates.
Migraine with aura	see above	see above	see above	see above	the above symptoms, plus visual auras, vision problems, or non-visual auras such as dizziness, vertigo, tingling or numbness of the face, tongue, or extremities, speech or language abnormalities, or weakness of movement.	see above
Migraine with aura, without headache	none	none	none	none	see Migraine with aura above	see above
Tension Headache	Usually both sides of the head or generalized, maybe worse in the scalp, temples, or back of the neck	Pressing pain or dull, steady ache, but can be pulsating. May feel like tight band.	30 minutes to several days or more	mild to moderate, though can be severe	Usually none, unless it is a combined migraine/tension headache. Can be accompanied by difficulty sleeping.	Stress, anxiety, depression, poor posture (including forward-head posture), structural problems, low blood sugar, lack of exercise, fatigue, noise, glare, teeth clenching, and bite alignment problems.
Headaches and Neck Pain from Trauma	depends on location of trigger points and types of injury	varies	varies	varies	varies	

See Page Two for **Cluster Headaches** and **Headaches Associated with TMJ Pain** →

Headache Type by Symptom, Page Two

Type of Headache	Location of Pain	Quality of Pain	Duration of Pain	Pain Level	Other Common Symptoms	Common Triggers
Cluster Headaches	one-sided, often centering around one eye, or can involve one side of the face and neck, usually come on at night	steady sharp, burning, or boring pain	intermittent, from minutes to series of days, weeks, months,	severe	flushed face, nasal congestion, a drooping eyelid, swelling under or around the eye, or a red or teary eye with a small pupil, usually on the same side as the headache	Alcohol, smoking, drugs that dilate or constrict blood vessels, seasonal factors, glare, stress, certain foods.
Headaches associated with TMJ pain	varies depending on location of trigger points	varies	varies	varies	varies	Dental problems, emotional factors,

See [Headaches, Trigger Points, & Perpetuating Factors](#) for the relative roles of inputs in causing different types of headaches, plus common perpetuating factors.