

Migraine care rarely follows a straight line. People arrive after years of trying to push through work, family life, and ordinary routines while carrying a level of pain that would stop almost anyone cold. Many have been told they are stressed, dehydrated, sleeping badly, eating the wrong foods, or simply unlucky. Sometimes those factors matter. Often they are only part of the story.

A good pain clinic approaches headaches differently from a quick urgent care visit or a one-time prescription refill. The goal is not only to blunt an attack, but to understand the pattern, identify what type of headache is actually happening, reduce total headache days, and restore function. That last point matters more than many patients expect. A person who goes from eighteen headache days a month to six has not just reduced pain. They may be able to work consistently again, tolerate light and sound better, drive without fear of an attack, and stop planning every week around symptom avoidance.

Migraine, tension-type headache, cervicogenic headache, cluster headache, occipital neuralgia, and medication overuse headache can overlap in messy ways. Real patients often do not fit neatly into textbook boxes. That is one reason a pain clinic can be helpful, especially when headaches have become chronic, disabling, or resistant to usual care.

What a pain clinic is actually looking for

The first job is diagnostic clarity. Headaches are common, but not all headaches are the same, and not all migraine-like symptoms are migraine. A careful clinician will usually spend more time on the story than patients expect. The timing of attacks, what the pain feels like, where it starts, what comes with it, what makes it worse, and what happened in the months before headaches escalated all matter.

A patient might say, "I get migraines all the time," but a deeper history can reveal two separate problems. One may be true migraine with nausea, light sensitivity, and throbbing unilateral pain several times a month. The other may be a near-daily pressure headache that began after frequent use of over-the-counter analgesics. Those two conditions require different strategies. If the second problem is medication overuse headache, simply adding stronger rescue medication can make the cycle worse.

Pain specialists also look for the less obvious contributors. Neck injury is a common one. It is not unusual to meet someone whose headaches became far more frequent after a car accident, a sports injury, or even months of poor workstation ergonomics. Sleep apnea can be another. So can bruxism, untreated anxiety, hormonal shifts, jaw dysfunction, and changes in caffeine intake. None of these factors means the pain is "just stress." They are pieces of a physiologic puzzle.

Red flags have to be sorted out early. A sudden "worst headache of life," new neurologic deficits, fever, confusion, scalp tenderness in an older adult, headache after trauma, or a major change in a long-established pattern may need urgent evaluation rather than routine pain management. Good headache care depends on knowing when a patient belongs in a headache program, when they belong in a pain clinic, and when they belong in the emergency department or with another specialist first.

Migraine is not simply a bad headache

Many patients feel oddly relieved when a specialist explains migraine in plain language. Migraine is a neurologic disorder with pain as one of its visible features. That distinction matters because it shifts expectations. If someone thinks they are failing to control "just headaches," they often blame themselves. Once they understand migraine as a condition involving altered sensory processing, trigger sensitivity, and phases that can begin before the pain itself, the treatment plan starts to make more sense.

The premonitory phase can include irritability, food cravings, fatigue, neck stiffness, or difficulty concentrating. Aura, when present, may involve visual disturbance, tingling, or speech difficulty. The headache phase gets the most attention, but many patients are equally disabled by the postdrome, the drained and foggy period that follows. A strong pain clinic team takes all of that into account. A person who spends one day in severe pain and another recovering is losing two days, not one.

That broader view affects treatment choices. The aim is not only lower pain intensity. It is fewer attacks, shorter attacks, less rescue medication, and less disruption to the rest of life.

Why chronic headache often lands in a pain clinic

Some people do well with a primary care physician and a standard migraine plan. Others do not. Referral to a pain clinic becomes more common when headaches are frequent, treatment options have narrowed, or several pain mechanisms are operating at the same time.

A fairly typical referral might involve a patient with chronic migraine, meaning headache on fifteen or more days each month, with migraine features on at least eight of those days. By the time that patient reaches specialty

care, they may have tried multiple oral preventives, several triptans, supplements, and dietary changes. They may also have neck pain, scalp tenderness, poor sleep, and a history of emergency visits for uncontrolled attacks. That combination is where **Pain clinic** a pain clinic often adds value.

Pain specialists are used to building layered treatment plans rather than relying on a single medication. They also tend to look closely at procedural options, physical contributors, and medication side effects. Someone who cannot tolerate sedation, has low blood pressure, wants to avoid weight gain, or is trying to conceive may need a very different strategy from the next patient, even if both carry a migraine diagnosis.

The evaluation is more detailed than many people expect

The most useful visits often begin with a headache diary, even a simple one. Not because paperwork is therapeutic, but because memory *sports pain clinic* is unreliable when pain is frequent. Patients often underestimate both headache frequency and medication use. A month of notes can reveal patterns that are easy to miss in conversation.

A clinician may ask about wake-up headaches, menstrual timing, weather shifts, skipped meals, exercise, recent illness, and work exposures such as bright screens or repetitive neck posture. Examination may focus on more than the neurologic basics. Trigger points in the trapezius and suboccipital muscles, jaw tension, range of motion limits in the cervical spine, allodynia over the scalp, and tenderness over the occipital nerves can change the treatment approach.

Imaging has a role, but it is not the whole answer. Patients are sometimes frustrated when an MRI is normal and yet they still have disabling pain. In headache medicine, that is common. Normal imaging does not invalidate migraine. It simply means the pain is not being explained by a structural lesion that an MRI can detect. At the same time, a careful clinician should never use migraine as a reflex label without making sure the history fits.

Acute treatment, prevention, and rescue all serve different purposes

One of the most important educational moments in any pain clinic visit is sorting medications into categories. Patients often lump everything together as “headache medicine,” but the logic is different for each group.

Acute treatment aims to stop or blunt a migraine that has already begun. Triptans, gepants, ditans, anti-inflammatory drugs, antiemetics, and combination regimens may fall into this category depending on the patient. Timing matters. Many acute medications work better early in an attack than after pain has fully escalated.

Preventive treatment is used on a schedule to reduce how often migraines occur or how severe they become. That may include beta blockers, antiseizure medications, certain antidepressants, CGRP-targeting therapies, onabotulinumtoxinA injections for chronic migraine, supplements with some evidence behind them, or combinations of these.

Rescue treatment is what patients use when the usual acute plan fails. The exact tools vary, but the principle is simple. Patients need a backup plan before they are desperate, not after they have already spent eight hours in a dark room trying to outlast the attack.

This distinction sounds basic, yet it is often the difference between organized care and chaotic care. When patients use rescue medication as routine acute treatment, or acute medication so often that it drives rebound headaches, control slips away fast.

Procedures that a pain clinic may offer

For some patients, procedures make the difference between partial relief and meaningful control. They are not magic, and they are not appropriate for every type of headache, but they can be extremely useful when chosen carefully.

Occipital nerve blocks are a common example. These may help patients with occipital neuralgia, cervicogenic headache, or migraine with significant posterior head and upper neck tenderness. Relief can be brief or last weeks to months, depending on the person and the underlying pain generator. In practice, a successful block can do two things at once. It can lower pain, and it can clarify whether those nerves are truly involved.

Trigger point injections are another option when muscle spasm in the neck, shoulders, or scalp is feeding into the headache pattern. These are particularly helpful in patients who describe a band of tension building upward through the neck and into the temples, or whose migraine threshold clearly drops when the cervical muscles are aggravated.

OnabotulinumtoxinA, often simply called Botox in migraine care, is well established for chronic migraine. It is not the same as cosmetic treatment, either in purpose or injection pattern. The benefit often builds over treatment cycles rather than arriving after the first round. Patients do best when they understand that timeline upfront. Some notice a clear shift after one cycle, others after the second or third.

In selected cases, pain specialists may consider more advanced interventions, but judgment matters. Procedures should fit a coherent diagnosis. Repeating injections without measurable benefit is not thoughtful care. Neither is promising a permanent fix for a condition that usually needs ongoing management.

Medication overuse is common, and often missed

One of the hardest conversations in headache care is about medication overuse. Patients are not misusing medicine in a reckless sense. Most are doing exactly what pain drives people to do, they take what helps, then take it again when the pain returns. Over time, frequent use of certain acute medications can maintain the headache cycle.

This becomes especially tricky with over-the-counter combinations, caffeinated analgesics, and frequent use of triptans or other rescue drugs. Patients are often shocked to hear that a medication which reliably helps in the short term may be worsening the monthly picture.

The discussion has to be handled carefully. If a patient hears only “stop taking the medicine that helps,” trust evaporates. The better approach is to pair reduction of overused medication with stronger preventive support and a realistic bridge plan. That may involve a temporary strategy to get through the rough period while the cycle is being broken. Without that support, patients often revert to old patterns because they have no workable alternative.

The neck matters more than people think

There is a persistent tendency to split headaches into “brain issues” and neck pain into “muscle issues,” as though the two rarely meet. In clinical practice, they cross over all the time.

Patients with migraine often have neck pain before an attack, during it, or between attacks. Sometimes the neck symptoms are part of the migraine process itself. In other cases, cervical dysfunction acts like a volume knob, making headaches more frequent or more severe. Distinguishing those possibilities takes experience.

A patient with limited neck rotation, pain at the base of the skull, and headaches triggered by long computer sessions may benefit from a treatment plan that includes procedural care, targeted physical therapy, and

workstation changes, rather than medication escalation alone. The therapy has to be targeted, though. Generic stretching handouts rarely solve much. What helps is careful work on posture endurance, cervical mobility where it is restricted, and muscle overactivity where it is driving pain.

This is where a multidisciplinary pain clinic can be particularly effective. When medication management, procedures, and rehabilitation are coordinated rather than siloed, patients tend to make steadier progress.

Not every trigger should be treated like a rule

Patients often arrive carrying long lists of supposed migraine triggers. Chocolate, red wine, aged cheese, weather changes, missed sleep, too much sleep, stress letdown, bright lights, perfume, exercise, and half a dozen others. Some of these are real for a given individual. Some are coincidences created by pattern-seeking. Some are actually early signs of an attack rather than causes of it. A craving for sweets, for example, may happen before the migraine rather than trigger it.

A seasoned clinician tries to reduce confusion instead of adding to it. Severe restriction usually backfires. Patients become anxious about ordinary life, and the headache burden does not improve much. It is better to identify the few triggers that are consistent and modifiable, then focus on stability. Regular meals, hydration, sleep timing, and manageable caffeine use tend to matter more than perfect dietary policing.

One practical framework often helps:

- Keep a simple headache diary for six to eight weeks.
- Track headache days, medication use, sleep disruption, and menstrual timing if relevant.
- Note only obvious exposures, rather than everything eaten or done.
- Look for repeated patterns, not one-off associations.
- Bring the diary to follow-up so treatment can be adjusted on actual data.

That kind of tracking is enough to guide care without turning daily life into a research project.

What good outcomes really look like

Patients sometimes come in hoping for zero headaches forever. It is understandable, but not always realistic. A more useful question is what counts as success for this specific person. For someone with twenty headache days a month, success might mean cutting that number in half, reducing attack intensity, and getting emergency visits down to zero. For someone with four disabling migraines a month, success might mean preserving work attendance and making attacks respond reliably to acute treatment within two hours.

Pain clinics that handle migraine well tend to set expectations early. Preventive medications may need several weeks, sometimes longer, before their value is clear. Side effects may require dose adjustment. Procedures may help one component of pain more than another. There is often some trial and error, but it should be disciplined trial and error, with a rationale and a way to measure results.

A sensible care plan usually aims to improve several markers at once:

- Fewer headache days per month
- Lower reliance on rescue medication
- Better function at work, home, or school
- Less sensitivity to light, sound, or movement
- Fewer urgent care or emergency department visits

That broader view keeps the plan anchored in daily life, not just in pain scores.

Special situations that change the plan

Migraine treatment is highly individualized because the stakes change with age, pregnancy plans, other medical conditions, and prior treatment response. Someone with uncontrolled hypertension, kidney disease, depression, or a history of stroke may not be a candidate for the same medications as a healthy young adult. An athlete may care deeply about side effects that slow reaction time or reduce exercise tolerance. A parent of small children may prioritize rescue medication that works fast without heavy sedation.

Hormonal migraine deserves special mention. Some patients have attacks clustered tightly around menstruation, while others worsen during perimenopause or improve after menopause. In those cases, timing-based strategies can help, but only when the pattern is clear. Vague advice about hormones is not enough. A pain clinic with experience in headache care will often coordinate with primary care, gynecology, or neurology when needed, because isolated management can miss the bigger picture.

Older adults also require careful assessment. New headache after age fifty is not approached casually. Even when the final diagnosis is benign, the threshold for evaluation is different.

When the right referral matters

Not every headache patient belongs in a pain clinic alone. Some need a neurologist with headache specialization. Some need both. If the picture is complex, symptoms are atypical, or advanced preventive options are being considered, shared care is often the best answer. There is no prize for territorial medicine.

The strongest clinics know their lane. They manage pain skillfully, but they also recognize when headache is part of a larger neurologic, vascular, sleep, or mental health issue. Patients benefit when specialists communicate rather than compete.

For the patient, this means asking practical questions. What type of headache do I most likely have? What is my acute plan? What is my preventive plan? How many days per month is it safe to use this rescue medication? If a treatment fails, what is the next step? Clear answers to those questions usually signal thoughtful care.

Living with less fear of the next attack

The most meaningful change for many patients is not dramatic. It is quieter than that. They stop carrying the same level of dread into every week. They can schedule a meeting, attend a family event, or take a trip without assuming pain will take over. They still have migraine, or still have a headache disorder, but the condition is no longer setting the entire agenda.

That is what a good pain clinic should be working toward. Not generic reassurance, not endless medication changes without strategy, and not procedures for their own sake. The best care is careful, observant, and practical. It treats migraine and headache as real neurologic pain conditions that deserve precision, patience, and follow-through.

For patients who have spent years being told to just avoid stress and drink more water, that shift alone can feel like the first real treatment they have received.

Denver Pain Management Clinic
455 Sherman St #450, Denver, CO 80203

(720) 405-2330

FAQ About pain clinic

Do I need a referral to go to the pain clinic in Denver?

Denver Pain Management Clinic accepts referrals. Contact the clinic and your insurance plan before booking to confirm whether a referral is required for your visit.

Do pain management clinics give pain meds?

Some pain clinics include medication management as part of an individualized plan. At Denver Pain Management Clinic, a clinician reviews your medical and treatment history and discusses options after an evaluation.

What medication is used for chronic pain?

Medication choices depend on the cause of the pain, your health history, and any medicines you already take. A clinician can discuss the benefits and risks of medication and whether other approaches, such as physical therapy, may be appropriate.