



Exercise: Prophylactic or Trigger for Pediatric Migraine Symptoms?

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Background

- Children and adolescents with migraines are limited in school, hobbies, and physical activities and have reduced quality of life
- While clinical recommendations call for exercise and physical activity, few are based on scientific evidence

Purpose

- To critically appraise the literature relevant to effects of exercise on pediatric migraines
- To determine whether exercise is detrimental, helpful, or if there is a dose-response relationship in respect to exercise's effect on pediatric migraine symptoms

Conclusions

- Future research is needed to clarify the role exercise plays in either *preventing, alleviating, or triggering* migraines in children
- It is unclear whether migraine symptoms prevent children from participating in physical activity or if low levels of physical activity trigger migraines
- It is unknown if physical activity has a *direct* effect on pediatric migraines and/or an *indirect* effect based on reduced BMI and improved health
- More research is needed to clarify the dose-response relationship of exercise's effects on pediatric migraine symptoms
- Problem includes cross-sectional study designs

Methods

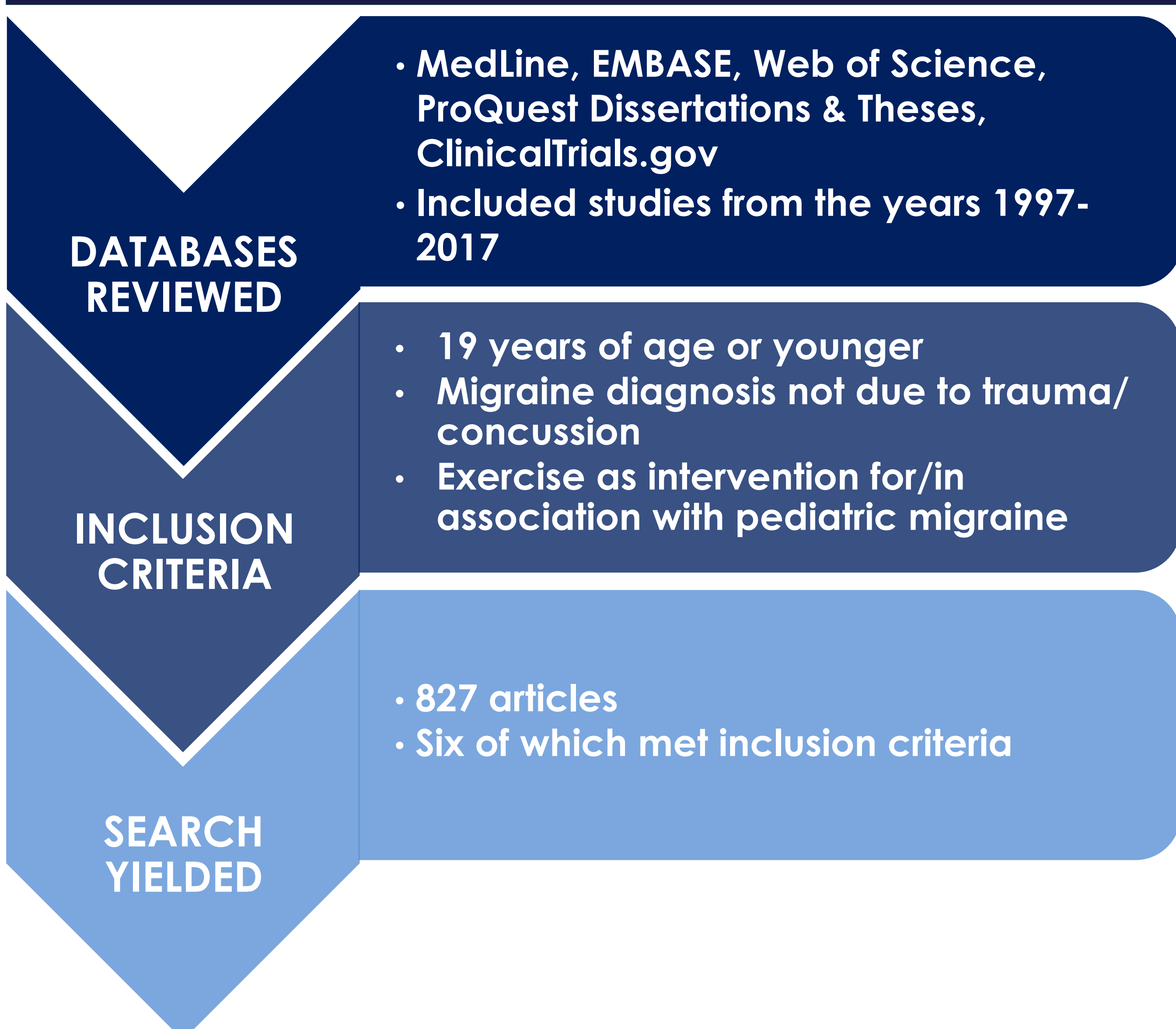
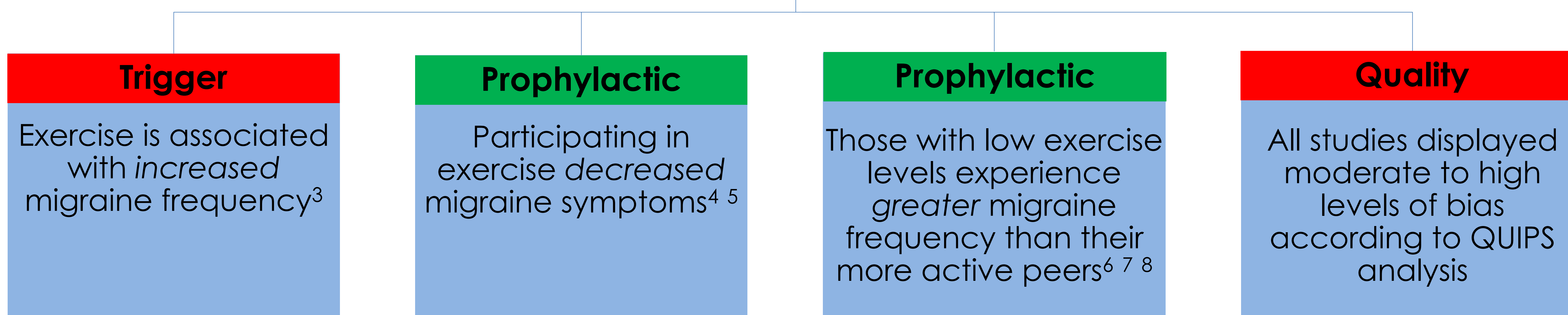


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Clinical Relevance

- Future research is needed to guide clinicians in exercise prescription for children experiencing migraine
- To effectively guide clinicians, future research must employ prospective research designs to elucidate the influence of exercise on pediatric migraine

Results



References

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Acknowledgements

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