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How to Deal With Exercise Headaches Without Giving Up On Your Favorite Workout

By Marissa Miller | December 28, 2018



First of all, you're not imagining it: Exercise headaches are a real thing. Also known as exertion headaches, they're typically caused by "abnormal rapid expansion of the arteries that supply oxygen-rich blood to your head," says **Elroy Vojdani, MD, IFMCP**, and founder of Regenera Medical. The rapid increase in blood flow that happens during a workout, he says, can make the arteries throb and can actually trigger a headache after exercise, he says.

<https://www.wellandgood.com/good-advice/headache-after-exercise/>