

How the VA Rates Migraines

Regulatory Source: 38 CFR § 4.124a – Diagnostic Code 8100

VA Source: <https://ecfr.gov>

Summary:

Migraines are rated based on how often the attacks happen and how much they interfere with your ability to work or function. 'Prostrating' means you must stop activity and rest in a dark, quiet room.

VA Rating Table:

Rating	Explanation
0%	Migraine condition is diagnosed, but attacks are infrequent or non-prostrating, with little to no impact on daily life.
10%	Prostrating attacks occur on average once every two months over the last several months. These require the veteran to stop activity and rest.
30%	Prostrating attacks occur on average once a month over the last several months, significantly interfering with work or daily functioning.
50%	Very frequent, completely prostrating and prolonged attacks productive of severe economic inadaptability. Veteran may be unable to maintain employment.

Required Evidence:

- Formal diagnosis of migraines from a medical provider
- Documentation or log of frequency and severity of attacks
- Description of how attacks affect work or daily activities
- Optional: records of missed work or ER visits
- Optional: nexus statement linking migraines to service or secondary condition (e.g., PTSD, TBI)

Pro Tip:

Migraines are often secondary to PTSD, TBI, neck/back injuries, or medications. Track attacks with a symptom journal or calendar to strengthen your claim.