



WEST SUBURBAN PAIN RELIEF

The Trigger Point Experts

What To Expect After Your Session

Depending on the skill and approach of the therapist and the condition and response to treatment of the patient, Myofascial and Trigger Point Therapy (MTPT) can be somewhat painful.

One of the reasons we discuss your level of discomfort during treatment is minimize pain during the session as well as *post treatment soreness*.

There is no extra credit for suffering and you won't get better faster by "toughing it out". In fact, most people find that their muscles tend to resist the work if they don't acknowledge when the work has become too painful.

Slight to moderate post-treatment soreness is not unusual the day following an initial session or a session in which you felt relatively more sensitive. However, severe pain, bruising, reduced range of motion or pain that persists more than about 24 hours *is* unusual.

It is not uncommon to feel quite relaxed, maybe even a bit "spacey" after MTPT. Keep this in mind when driving home. Strenuous exercise immediately after a session is generally not advised. Ice can be used on areas other than the neck that feel particularly sore in the first 24 hours – 20 minutes on and 20 minutes off generally works well. A warm bath in Epsom salts can be helpful.

Please give us a call right away with any concerns or with questions about the self care recommendations you were given as part of your session.