



# 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/ Trigger Point and Fascial Release Therapy 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*.

We aim to minimize discomfort. 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.

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, but you can generally maintain your normal workout routine. Ice can be used on areas (*avoid 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.

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.

Please give us a call right away with any concerns or with questions about the self care recommendations you were given at as part of your session. In emergencies you can reach Janet directly on her cell at 312 933-0663.