

Elements of Healing and Pain Control

- 1- Activity modification- for example, if running irritates your injury, you will need to modify your running!

- 2- Modalities- this includes ice, heat, ultrasound, electrical stimulation, bracing, taping, needling etc

- 3- Manual Therapies- the 'hands on' approach from your therapist

- 4- Therapeutic exercise- to address muscle imbalance, weakness, etc
[and yes, this includes the infamous FOAM ROLL!]

- 5- Anti-inflammatories- see our additional handout

We often see patients who have tried various forms and combinations of these approaches and report minimal success.

However, once they implement all of these elements at the same time, healing and pain relief begin to occur.

Speak with your therapist often and use them as a general reference for your health care goals!!