



Patient Guidelines Sheet

Over the years we have found certain actions that patients can take will generally help them in overcoming their presenting complaints. If something listed here increases your symptoms, or if you have questions please stop the activity until you consult with your therapist. We provide the following suggestions as guidelines for your quick recovery.

1. Eliminate or decrease the frequency of activities that cause pain. This just perpetuates the inflammatory and degenerative processes. Ask your therapist to provide you with strategies to perform these activities.
2. If you get a delayed onset of pain, try to figure out what activity you are performing that causes your pain. Ask your therapist to provide you with different movement or postural suggestions to help decrease irritation.
3. Keep in mind that some discomfort and soreness is expected after your first session due to the nature of the intervention.
4. With acute or recent discomfort (less than 48 hours) remember to RICE: Rest, Ice, Compression, and Elevate. Rest the injured area. Apply ice, no more than 15 minutes at a time, every hour. An ace bandage or other compressive type of material will aide in reducing swelling. Finally, elevate the injured area. For lower leg injuries, try to prop extremity up on a stool or pillow. For arms, try to keep the extremity above the level of the heart.
5. Ice is also helpful with chronic or inflammatory pain, especially pain that comes on after the activity.
6. Heat helps with stiffness and achiness, but should not be used with acute symptoms as it causes swelling.
7. If walking does increase symptoms, we recommend taking therapeutic walks twice a day to tolerance or 15 minutes on days which you do not have therapy. Walking for longer periods is ok if it does not exacerbate your symptoms.
8. To improve you must do your exercise and stretching program as prescribed by your therapist, and utilize pain-free and proper body ergonomics. This is your part of the team approach to solving your problem.
9. Many patients have found that drinking more water has helped them reduce the soreness from seeing the therapist. Drink up to eight tall glasses of water a day, especially on the day you see the therapist.
10. Many physicians will recommend taking vitamins during the recovery stages of a discomfort or injury. Vitamin C, which is important in developing scar tissue, has been recommended to assist in the healing process. Some recommend as much as 2-3 grams if it does not loosen stool. Other supplements such as Omega-3 fish oil have anti-inflammatory properties that may aide in recovery. For more information about supplements, contact your therapist.
11. Your therapist may recommend a dose of over the counter anti-inflammatory medications to aide in your muscle soreness and inflammation. These are solely a recommendation and not mandated by your therapists.
12. Be aware if your pain is increased by muscle tension and stress. If you tend to hold the area of pain tightly, begin to train yourself to keep the muscles in that area relaxed.