

How Will I Feel?

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During trigger point therapy, you may feel the following sensations:

1. **Pain or discomfort:** The therapy may cause some pain or discomfort as the therapist treats your muscles and soft tissues. However, you can communicate with the therapist to control the level of pain you experience. Pain is necessary to train your brain to relax your muscles.
2. **Soreness:** After the treatment, you may feel sore for a few days. This is a normal response and should go away after a few treatments.
3. **Changes in pain:** You may notice changes in your pain during and after the therapy. Some patients experience less pain after 1 to 5 treatments, while others may require more treatments before experiencing pain reduction.
4. **Fatigue or energy:** As your muscles relax and return to normal, you may feel tired or energetic. This can vary from person to person.
5. **Improved muscle strength:** Some patients may feel that their muscles are stronger after trigger point therapy. This indicates improvement in their condition.
6. **Relief in other areas:** It is possible to experience relief in areas that were not specifically treated. For example, treating a stiff neck may also alleviate hand and forearm pain.
7. **Overall progress:** It is recommended to keep a pain journal to track your progress during the therapy. This can help you and your therapist assess the effectiveness of the treatment and make any necessary adjustments.

After trigger point therapy, it is important to follow the self-care program provided by your therapist to speed up your recovery. This may include drinking plenty of water, self-treatment, muscle training and/or stretching, and identifying the causes of your pain. The rate of improvement can vary depending on various factors mentioned in the document, such as the duration of pain/injury, type of injury, overall physical health, age, perpetuating factors, underlying skeletal abnormalities, nutrition, quality of sleep, depression or anxiety, patient compliance with self-care, and other medical conditions. Good communication, patience, trust, and a positive attitude are also essential for a successful outcome.