

How Will I Feel?

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During the therapy session, you will feel some pain or discomfort while we treat the muscles and other soft tissues. You are in control of this discomfort by continually providing feedback to the therapist of the pain intensity. Pain is necessary to re-educate the brain to stop contracting muscle fibers.

Many patients experience relief from pain following 1 to 3 treatments. For others, several treatments are needed before their pain starts to diminish. It is not uncommon for patients to experience some soreness for one to three days following treatment. This residual pain following treatment usually resolves in a few treatments.

You may experience fatigue as the chronically held musculature is allowed to relax and return to a normal tone. However, some patients experience an increase in energy.

You may notice your pain pattern changing. This is a temporary and positive sign that you're making progress. It's a good idea to keep a pain journal. We find that when one pain area is eliminated, the patients tend to forget it was ever there. A pain-journal will allow you to track your progress from day-to-day. If sourness or a new pain pattern is causing your concern, contact your therapist immediately and they will talk you through ways to reduce or eliminate it.

It is not uncommon for people to experience relief from symptoms they were not seeking treatment for, such as chronic hand and forearm pain which clears following treatment for a stiff neck.

Returning to normal activities without pain is accelerated by following the self-care program provided by your therapist.

This will include self-treating your trigger points, re-educating your muscles and/or stretching the muscles that were chronically short. Lasting results will be achieved by working with your therapist to eliminate underlying perpetuating factors.

Your rate of improvement can depend on many factors:

- **Type of injury and the length of time since it occurred.**
- **Overall physical health and level of fitness.**
- **Perpetuating factors.**
- **Underlying skeletal abnormalities.**
- **Nutrition.**
- **Quality of sleep.**
- **Depression or anxiety.**
- **Patient compliance with self-care and eliminating or reducing perpetuating factors.**
- **Other medical conditions, for example: allergies, diabetes, thyroid dysfunction, etc.**
- **Good communication, patience, trust, and a positive attitude are essential.**