



What to expect after your first visit

It is normal, and even expected, that you may be a little sore after your initial visits to physical therapy. Our initial visits are used to test each patient to determine the root cause of their symptoms. We accomplish this by using a proven provocation/alleviation testing system. This is the best way to discover which tissues are involved, and allows us to create a treatment plan tailored to your unique circumstances. If discomfort is experienced, below are some recommendations:

- **Rest:** Our tissues need to be put in the right environment for healing, which sometimes means reducing activity. The initial evaluation will be work for our damaged tissue, which will need time to rest for the healing process to be effective.
- **Ice:** Sometimes when we test it may cause inflammation. Ice will help to reduce the inflammation, and the associated pain.
 - **Guidelines:**
 - Never put ice directly on your skin. Always have a layer between the ice and your skin.
 - Ice for 15-20 minutes. Do not reapply ice to the same area within a 60 minute time period.
 - Ice 1-3 times a day.
 - If you have splotching or a rash that does not resolve following ice, discontinue and consult your physician.
- **Nutrition:** It is important to remember that when the body is healing it is using increased calories and nutrients. This is why it is critical to provide the body with good nutrient dense foods and water while it heals.

Our goals are to educate our patients fully on their diagnosis and our plan of care. If there are questions that go unanswered, please do not hesitate to ask. We have found our patients get improved results when they fully understand why they are here, and how physical therapy is going to help.

If you have any questions or concerns, please contact us at 207-828-4455.