

Elements of Healing and Pain Control

For effective healing and pain control, we recommend the application of all five of the following elements:

- 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. (this includes the infamous foam roll!!)
- 5. Anti-inflammatory medications**
(refer to our separate 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 these elements as a general reference to achieve your health care goals.