

What to expect after your first visit with Dr. Conley, or Dr. Tran.

Dr. Conley specializes in Active Release Technique, or ART for treating almost all injuries, aches and pains. The treatment, as you now know, can be uncomfortable and even a little painful during the session. The reason it can cause some discomfort or pain is due to the tissues state of un-health. Meaning that, the tissue is inflamed, over-used or miss-used and has created an abundance of scar tissue within the fascia, muscles, tendons and for those with pins & needles or numbness, you have scar tissue that has attached itself to your nerves as well. This scar tissue does not 'go away' or resolve on its own. It, unfortunately, has to be worked out manually with ART.

Here is a list of normal side affects after your first treatment:

- Soreness in the areas that were treated
 - This can last 2-3 days
- Redness around the site of treatment
 - This is due to blood being flushed in to the area cleaning out the junk and bringing in new blood, oxygen and nutrients for healing
- Bruising – very rarely does this happen and it usually resolves within 2-3 days
- You may feel '*bruised*' but rarely is there actual discoloration at the site(s) of treatment
- Nerve irritation: due to treating nerves directly.
 - Nerves are one of the slowest healing tissues in the body. When they are worked they can be aggravated for up to 4 hours. You should notice a dissipation of pain or symptoms at the 3-4 hr mark post-treatment.

It is important that you note your symptoms between the days of treatment so that you can relay to me what the body is up to. It allows Dr. Conley to better follow your bodies natural healing process and will allow him to speed up the recovery so that you can return to normal activities sooner, the more input on your symptoms, the better.

Kinesio-Taping (KT) Rules

1. You can keep in on for 2-3 days.
2. It will generally survive a shower. NOT a pool or bath, so please refrain from swimming or taking a bath if at all possible during the use of the tape.
3. If you experience itching, burning or just don't like the way it feels, take it off.
4. Removal: preferable after it has been wet, so bath, shower, swimming pool.
5. Remove slowly and do not pull hard and fast. The adhesive in the tape is strong, so go slow.