

HEALING IN MOTION

Recovery Guide

Dr. Kelly's Essentials for Easing Soreness, Tension & Fatigue



When to Use This Guide

- After a workout or physical therapy session
- Following bodywork or manual therapy
- During a flare-up of tension, fatigue, or soreness
- As part of your weekly recovery routine

Daily Recovery Checklist

- 1. Gentle Movement** — light walking, stretching, or rocking to keep circulation flowing. Avoid complete stillness unless resting briefly.
- 2. Hydration** — drink plenty of water or electrolytes (coconut water, LMNT, Buoy, etc.). Fascia and muscle recovery rely primarily on hydration.
- 3. Breathwork** — 3–5 minutes of slow, diaphragmatic breathing. Try: inhale 4 seconds, exhale 6 seconds. Helps regulate the nervous system and reduce pain.
- 4. Epsom Salt Soak or Warm Shower** — soothes muscles and promotes lymphatic drainage. Optional: add calming essential oils (lavender, eucalyptus).
- 5. Targeted Self-Release** — use a soft ball or foam roller for 1–2 minutes per area. Focus on hips, shoulders, mid-back, and feet, where tension builds. Less is more: gentle pressure, slow breath.
- 6. Nutrition Support** — magnesium-rich foods (leafy greens, pumpkin seeds, bananas) and anti-inflammatory options: berries, turmeric, fish oil.
- 7. Restorative Sleep** — aim for 7–9 hours. Unplug, dim lights, and wind down with intentional breathwork or journaling.

Pro Tips from Dr. Kelly

- Soreness = adaptation, not injury
- Movement helps — avoid total rest for too long
- Breathe through discomfort instead of resisting it
- Be kind to yourself: recovery is part of the healing process

Want more guidance? Explore virtual sessions and fascia-informed care with Dr. Kelly: [504-481-9688](tel:504-481-9688) · DrKellyPT@handsonhealthnola.com