

# TOOLS FOR PAIN & DISCOMFORT

Tiger Balm ointment & patches  
Voltaren gel  
Arnica ointment or patches  
Epsom salt soak

Massage Gun, Massage Roller Stick, Massage Ball  
Electrical Stimulation Tens Unit  
Foam Roller  
Meditation  
Rest  
Healing Frequency Music (I like the app Zenly: Healing Frequencies)  
Physical Therapy

Seeing a masseuse, reflexologist, acupuncturist, chiropractor, naturopath, mental health professional, or pain management professional.

For sore feet, try Oofos recovery shoes. (I have many pairs, and I LOVE them.)

The website hyperice.com has several advanced recovery system options (\$\$\$), such as Normatec, Venom, and Hyperice.

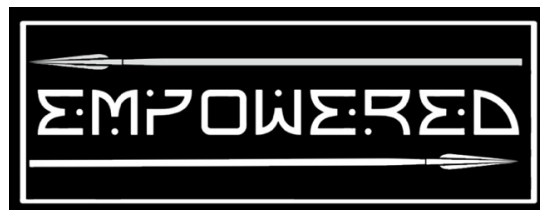
## Using Heat & Cold

(Heat therapy helps improve blood flow to the area where the heat is applied. It's best for muscle pain or stiffness. Cold therapy helps reduce inflammation. It's most helpful when used for acute injuries and pain.)

Localized heat or cold to the painful area (always protect your skin)

Total body immersion: hot tub or bath, sauna or hot shower, cold shower or cold plunge

Alternating between hot and cold (always end on cold) - Contrast Therapy for the whole body or a Vascular Flush for a localized area.



Created by Katherine Behnen

Certified Women's & Menopause Coaching Specialist

\* This information is for educational purposes only.  
It does not aim to treat or cure conditions, nor does it contain medical advice.  
Consult your physician if you are unsure or have questions.