After-massage soreness checklist

Use these steps from the article to ease soreness and know when to ask for help.

- [ ] Drink water before and after the session.
- [ ] Stretch the sore areas gently.
- [ ] Take a warm bath or shower, or use a heating pad for up to 15 minutes.
- [ ] Use an ice pack for 15 minutes at a time if the area feels swollen.
- [ ] Rest and avoid strenuous activity for the rest of the day.
- [ ] Walk or do gentle yoga for easy movement.
- [ ] Tell the therapist when pressure moves from relief to pain.
- [ ] Share past injuries and medical conditions with the therapist.
- [ ] Ask a provider before taking any pain reliever.
- [ ] See a provider if soreness is intense or lasts longer than a couple of days.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/massage/sore-after-massage/