



Recovery Guide

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

A self-care companion from Hands On Health NOLA

✔ 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



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3. *Breathwork*

- 3-5 minutes of slow, diaphragmatic breathing
- Try: Inhale 4 seconds - Exhale 6 seconds
- Helps regulate 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, feet—where tension builds
- Less is more: gentle pressure, slow breath



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6. *Nutrition Support*

- Magnesium-rich foods (leafy greens, pumpkin seeds, bananas)
- Anti-inflammatory options: berries, turmeric, fish oil

7. *Restorative Sleep*

- Aim for 7-9 hours of sleep
- 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



HANDS ON HEALTH

*Elevate your healing.
Empower your life.*



Want More Guidance?

Explore virtual sessions and fascia-informed care with Dr. Kelly:



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