

Candice's Favorite:

TOP **10**

THERAPY **TOOLS**

A guide for pain management + stress relief + quicker recovery!

COPYRIGHT NOTICE

Disclaimer: The information contained herein is general in nature and for informative purposes only. It is based on the author's personal experience. The author assumes no responsibility whatsoever, under any circumstances, for any actions taken as a result of the information contained herein.

Copyright ©2020 Candice's Essentials All Rights Reserved.
No part of this document may be reproduced or shared without express, written consent from the author.

A handwritten signature in black ink that reads "Candice". The script is fluid and cursive, with a large initial 'C'.

CANDICE'S ESSENTIALS



Hey there! I'm Candice

Physical Therapy Assistant + Essential Oil Expert

For the past 15 years I have helped hundreds of patients, family, and friends like you with:

- Natural pain management
- Self-care strategies
- Solutions to everyday challenges

I bet you have tried many medications or other solutions with no long term lasting results.

I want to teach you how to use self care strategies and tools to be able to take care of these things on your own.

It is my passion to teach others about the body, how it works in regard to things like knee pain, low back pain, foot pain ect...

You see I have been there right along with you I have had 5 foot surgeries and I know how it can affect the whole body!

Also, what no one tells you is that it takes up to 2 years for your body to *fully* recover from surgery and/or injury.

Yes, the initial injury heals with in 6-8 weeks, but it takes a while for your body to really adjust to the change and healing process. You will never be the same.

Essentially, when we fix one problem but create another. So this is where using these tips and tricks can come in handy.

Ready to dive in?

Candice

Contents

01

TENS UNIT

Transcutaneous Electrical Nerve Stimulation - a functional wearable device

02

FOAM ROLLER

Used before and after a workout for quicker recovery

03

THE STICK

A portable device you can take with you and use all day

04

THERACANE

Great for relieving pressure points and hard to reach areas.

05

KINESEOLOGY TAPE

A wearable cloth tape that moves with you and decreases pain



Contents Cont.

06

DAILY MOVEMENT

Super important for mood, pain and mental health

07

SUANA

Great tool for detoxing, relieving pain.

08

MEDITATION

Important for setting intentions, letting go and sleep.

09

HOT BATH/SHOWER

Moist heat is stellar for letting the day go, relaxing and pain management

10

ESSENTIAL OILS

Pain, inflammation, mood, and much more



1

T.E.N.S Unit



*T*ranscutaneous *E*lectrical *N*erve *S*timulation

The *T.E.N.S Unit* is a device that stimulates the nerves and fatigues the muscles therefore decreasing muscular pain by beating the pain signal to the brain.

HOW TO USE:

Start by placing electrodes on area of concern. Make sure the cords are connected to the electrodes from the power unit.

BENEFITS:

Because the *T.E.N.S Unit* "wears out" the muscle, the nerves, and tendons... the muscles are actually able to relax.

A great feature of this device, is the ability to multitask. You can simply wear the electrodes and put the power source in your pocket, allowing you to still perform daily activities. EX: laundry, cooking, or whatever functional activities that typically cause you pain!

This is one of my favorite tools because it truly works! In my personal life, it was one of the first tools I used after having a major foot surgery. Now, I use it for things like headaches, foot pain, back pain, etc.

A very versatile and functional tool.

2 *Foam Roller*



The foam roller is a self-myofascial release tool that aids in decreasing pain, increasing range of motion, and decreasing inflammation / muscle tightness.

HOW TO USE:

The foam roller can be used before, during, or after a workout. Use it for shoulders, knees, calfs, low back, etc...

Start by placing the foam roller on an open space on the floor and simply begin by rolling the area of concern back and forth on the roller.

BENEFITS:

Using before exercising can help to warm up and release tight muscles to increase the effectiveness of the work out. It also assist with faster recovery after a work out by decreasing delayed onset muscle soreness.

One of the most common complaints in people is a tight back. Some people sit at a desk all day or have a very active job. To help release back muscles, foam roll the calf and hamstring muscles. When these muscles are tight, they can pull on the low back causing more pain in that area.

Pro tip: If you ever notice your neck is tight, try foam rolling on the opposite side where the pain is and see what happens. It's amazing.

3 *The Stick*



The Stick is a massage roller that can be used all over your body.

HOW TO USE:

With both hands, roll the stick over areas that bother you. EX: low back, neck, calves, etc.

BENEFITS:

The stick is a tool that is great for trigger points, soft tissue injuries, muscle strains, muscle cramps, sprains, shin splints, ect. It is also great for reducing muscle fatigue!

I use this to release my calf muscles. I have had several foot surgeries and with that, my calves get very tight. What I like to do is, sit in bed or on the floor and roll out the calves for 3-5 minutes. I love to do this after my bath or sauna session when my muscles are warm (they tend to release better when warm).

Overall, I love the stick because it greatly reduces pain, stiffness, and increases flexibility in my joints.

This tool is portable and easy to take with you on the go. Easy to carry in your gym bag or your work bag so that if you get stiff while sitting at your desk you can take a break and roll out your muscles!

4 *Thera Cane*



The Thera Cane is another tool used to release trigger points, sore muscles.

The Thera Cane is different from the Stick because you can put it directly on the trigger point. Also, because of the shape of the tool, it allows you to reach spots on your back that you might not have been able to reach with the Stick.

HOW TO USE:

Place the Thera Cane anywhere where you feel tension and stress in your body. Try your neck, low back, and calf muscles!

BENEFITS:

The Thera Cane is a great tool for good deep pressure and decompression directly to a trigger point and work out the knots. It has many "knobs" so you can apply anywhere on the body.

Sometimes we move our bodies the wrong way and our bodies will definitely let us know by giving us pain! So, when you reach for the Thera Cane, you can apply pressure directly to that area to help release the trigger point.

5 *Kinesiology Tape*



Kinesiology Tape is an elastic therapeutic tape used to decrease pain, decrease inflammation, and increase flexibility in the joints while increasing the healing process in the body.

HOW TO USE:

Before applying to the area of concern, you must round the corners of each edge. Apply with 25% stretch in the center of the tape then lay it down. Do not let the edges touch each other or it will come loose faster. Tape can be worn for up to 5 days and can be worn in the shower, just pat dry, do not rub or it will come loose. If the tape is still on after 5 days then peel in a downward direction to take off. It will hurt less that way. If you have sensitive skin then you can apply olive oil to the tape first then peel down.

BENEFITS:

Kinesiology tape works by microscopically lifting the skin and increasing blood flow, lymphatic drainage and decompressing the area.

Kinesiology tape can be worn through an injury to promote quicker healing. It can also be worn for chronic conditions such as arthritis to decrease pain in the joints.

6 *Daily Movement*



Daily movement is so important for our body on a daily basis to clear negative energy, decrease pain, and increase energy.

BENEFITS:

Exercise increases synovial fluid in your joints, increases blood flow, and releases dopamine in the brain - therefore increasing happiness. Along with these great benefits, daily movement help combat depression.

HOW TO:

Exercise or daily movement doesn't have to be hard!

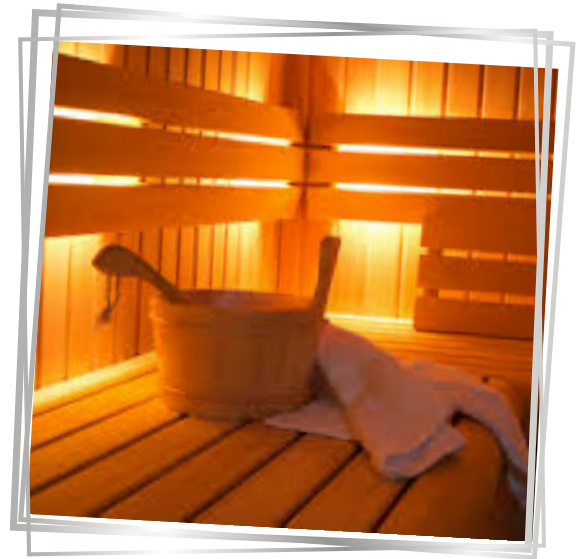
It can be just 30 minutes of walking, elliptical, H.I.I.T (High-Intensity Interval Training), riding your bike, dancing... whatever makes you happy! The goal is just to get your body moving.

Daily movement also helps to inspire creativity, which is good for projects you're working on to increase productivity in your work.

The American Heart Association recommends 30 minutes X 5 days a week or 150 minutes of exercise weekly.

If you do this, your body will thank you and you will see a difference in your life! I know it's easier to talk the talk than walk the walk but together, we can do this!

7 *Sauna*



The Sauna is a form of heat that is great for relieving stress, pain, and increases flexibility.

A Sauna is a form of heat which is good for joint health. This tool has been proven to be very beneficial for chronic conditions such as arthritis, stress and anxiety. Not only that, it helps with skin conditions and deeper sleep.

HOW TO USE:

Not everyone has a sauna in their house - most gyms have a sauna you can use that is included with the membership! If you are a member of a gym that has a Sauna, I would encourage you to sit in and relax before or after a workout - even if it's just for 5 to 10 minutes.

BENEFITS:

The Sauna has known benefits such as increasing circulation, flushing toxins out of the body, warming up the body before exercise, and speeding the recovery process after a workout. It also promotes cardiovascular health, stress relief, and a deeper sleep. These are just a few of the many great benefits!

By warming up in the Sauna, your joints and muscles are warmer which means your body can go longer and stronger. Not only is it great for before a workout, using after a workout promotes recovery.

8 *Meditation*



Meditation or mindfulness has been proven to release stress, anxiety, and pain. Believe it or not, our emotions can sometimes get in the way and cause stagnant pain in the body. Meditation can help to clear it. It is also a part of visualization which helps with energy, clear intention, and purpose.

HOW TO USE:

I use an app called **Insight Timer** - a smartphone app and online community for meditation. Here, you can do guided meditations, listen to talks posted by contributing experts, or music. It also has a silent timer if you prefer that. You can set a sleep mode so it turns off when it's done.

BENEFITS:

Meditation has been shown to improve stress, anxiety, and memory loss. Along with that, it promotes a calming sensation, peace to the heart, and balance in the mind and body.

Meditation also decreases pain, increases the immune system, and increases energy.

This is a great way to start your day and end your day. It will help you to set your intention for the day and prepare you for sleep so you can melt it all away.

9 *Hot Bath/Shower*



Using hot water via bath or shower is a form of moist heat. Traditional heat such as a heating pad can "pool" the blood to the area that your heating up. By using moist heat you avoid that happening. A hot bath is my ultimate favorite tool for pain and relaxation.

HOW TO USE:

Every evening before bed, if able.

BENEFITS:

Taking time for your self will help relax you and fill you up emotionally so you have more to give to your family and your work. This way you can wash the day away. Literally!

It is a good idea to take a detox bath by using epsom salts and essential oils.

The epsom salts help to draw out the toxins in the body and the essential oils make the bath smell so, so, so good and help you relax. My personal favorite are Lavender, eucalyptus, serenity, vetiver, and copaiba.

If you don't like taking a bath, a shower is great too! Put a few drops of eucalyptus or lavender on the shower floor and smell the goodness.

10 *Essential Oils*



I can not say enough about essential oils. They have literally changed my life, and for the better. I don't know how I lived so long with out them.

HOW TO USE:

Dilute with coconut oil (or carrier oil of your choice), tilt the bottle and get a few drops. Then smell 2-3 times and apply where you're hurting or where needed. Diffuse in your favorite diffuser to change your mood and make your home smell amazing. Some oils can be taken internally. The ones that can be taken internally have a supplement facts on the bottle. Be sure to look for that.

BENEFITS:

Essential oils work quickly on the limbic system in the brain. This is where your sense of smell lives. Inhaling 2-3 times is the quickest way to change your mood. You can also use a diffuser in your home or office. Essential oils when applied to the skin are absorbed and found in your cells in 30 seconds and circulating in the body in 20 minutes doing their job!

Essential oils are great for sleep, stress and anxious feelings, bug bites, seasonal threats, inflammation, pain and much, much more. However, not all oils are created equally.

My favorite brand is doTERRA because they are CPTG (certified pure therapeutic grade). They are the purest on the market and the largest essential oil brand in the world. I also love our co-impact sourcing model. We get the oils where they are indigenous. Which is good because the plant is above organic and has the highest therapeutic properties in the world.

Final Thoughts

Out of the top 10 my 3 favorite are: Essential oils, T.E.N.S. unit, and kinseology tape. These are great drug free ways of getting stress and pain relief.

If you need help with any of these - how to get them, how to use them, etc. - please don't hesitate to contact me!

I want to thank you so much for downloading my top 10 guide. I really pray it helps you and I am here for you anytime you have questions or need help.

Find these helpful? Follow me on Insta where I share even more tips and tools that are my favorite.

 @Candice_dooley

