

Justina Schuyler NASM CPT

Personal Trainer & Coach

Hero Era Fitness

Quincy CA

95971



****Muscle Soreness Prescription****

1. ****Hydration:****

- Drink 2-3 liters (67-101 ounces) of water daily to stay hydrated.

2. ****Activity:****

- Option 1: Take 10,000 steps or go for a 30-minute walk daily to promote blood flow and reduce muscle stiffness.

3. ****Stretching Routine (3 sets, 30 seconds hold per leg):****

4. ****Epsom Salt Bath:****

- Take an Epsom salt bath by adding 1-2 cups of Epsom salt to warm bathwater. Soak for 15-20 minutes to help relax muscles and reduce soreness.

5. ****Topical Cream:****

- Apply muscle soreness relief cream to affected areas as needed, following product instructions.

6. ****Over-the-Counter Pain Relief (if necessary):****

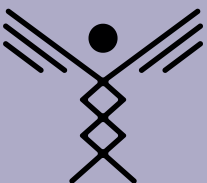
- Take recommended dosage of ibuprofen or acetaminophen for pain relief, following package instructions.

7. ****Proper Nutrition:****

- Maintain a balanced diet rich in protein, vitamins, and minerals to support muscle recovery.

This prescription provides specific measurements, activities, and instructions to help alleviate muscle soreness. Remember to adjust the recommendations based on your individual needs and consult with a healthcare provider if you have any concerns or persistent soreness.

Rx



Signature