

# Colleen Canyon House Call Acupuncture

Updated: 4/11/23

## What to Expect from Colleen:

- I'm double-vaccinated for Covid and have received two boosters to date.
- I wear a mask in each household for the duration of each treatment.
- I will reschedule the appointment if I have had a known exposure of Covid in the last 5 days.
- I will reschedule the appointment if I have tested positive for Covid or if I have new-onset symptoms, listed below.

## What to Expect from the Acupuncture Treatment:

- I don't travel with a massage table and if you don't have one, I typically have just as much success working on a couch.
- Please cover the couch with a flat sheet and have pillows available.
- Dry needling or trigger-point acupuncture can cause residual soreness of a few hours to a few days in the muscle fibers, which are released with the needles. The soreness is typically well-tolerated and can be mitigated using heat.
- I often do [Gua Sha](#), which is similar to the [Graston](#) Technique, and can be a very effective adjunct therapy to dry needling. I don't do cupping as I haven't found it to be nearly as effective.

## What is requested of you:

- To wear a mask if you feel more comfortable wearing one, but it's no longer compulsory.
- To reschedule the appointment if you have had a known exposure to Covid in the last 5 days.
- To reschedule the appointment if you have tested positive for Covid or if you have new-onset symptoms, listed below.
- To print and fill out the intake form and email it back prior to the initial session.

---

## Symptoms of Covid-19, from the [CDC](#):

- Fever or chills
- Cough
- Shortness of breath, difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

---

Colleen Canyon, MS, L.Ac, MSW  
Call or Text 917.881.8096  
[colleencanyon@gmail.com](mailto:colleencanyon@gmail.com)  
Acupuncture For Athletes, PLLC