

Top Tools for Fast Muscle Healing

Checklist Items

Cryotherapy Devices

- Full-body cryotherapy chamber
- Localized cryotherapy units
- **Frequency:** 2-3 times per week
- **Price Range:** \$500 - \$2,000

Percussion Massagers

- Portable massage gun
- **Frequency:** Daily, 5-15 minutes
- **Price Range:** \$100 - \$500

Compression Therapy

- Compression socks or sleeves
- **Frequency:** During workouts and post-workout
- **Price Range:** \$20 - \$100

Heat and Cold Therapy

- Heating pads
- Cold packs
- **Frequency:** As needed, typically daily
- **Price Range:** \$20 - \$100

Electrical Muscle Stimulators (EMS)

- EMS device
- **Frequency:** 2-3 times per week, 20-30 minutes
- **Price Range:** \$100 - \$500

Additional Tips

- Prioritize hydration
- Ensure quality sleep
- Engage in light activity post-workout for active recovery