



#### What to expect?

- You may experience muscular soreness in the sites of Globus Phoenix stimulation.
- You may experience muscular soreness in unexpected locations. This is due to the body's movement patterns being positively altered by the neural balancing procedure.
- 2. The most expected pattern of relief for most common neuro-musculoskeletal injuries is to gain 30-40% improvement in pain for greater than 2 hours. The duration at which relief is experienced is valuable data to be shared with your doctor on your next visit. Please be mindful of this change. Additionally, be sensitive to changes of quality or location of pain. Symptom relief should double in duration until a level of permanence is achieved.
- 3. You may experience increased hunger. Satisfy this craving with additional fat and protein before bedtime and especially in the morning. The increased caloric intake will permit you to have a greater capacity for Globus Phoenix treatment.
- 4. You may experience increased fatigue. This can be due to both the neural balancing procedure and the Globus Phoenix treatment. Allow yourself to accommodate 1-2 more hours of sleep daily during your treatment. Your body heals during deep REM sleep.
- 5. If you experience any dizziness, blurred vision, clammy feeling, shivering, or nausea, please call the office at 585.203.1050 to speak to your doctor. You are probably experiencing an episode of neural fatigue. This can be a by-product early in the rehabilitative phase if the energy demand is overwhelming to your system.
- 5. Please bring comfortable clothing that permits access to your lower extremities. Additionally, bring your most commonly worn athletic shoes, and any inserts or orthotics that you wear. We perform footwear testing that can provide important information regarding your case.
- Please be sensitive of your appointment time. If any changes are necessary, we request that you cancel or reschedule within 24 hours. We equally value your time and strive to have short wait times. Additionally, visits beyond your initial exam normally range between 30-45 minutes.
- If you were recommended to wear tape around your ankle joint, DO IT. The importance of wearing this strip of tape cannot be over-emphasized.
- If you have questions or concerns and would like to email your doctor:

Dr. Joshua Helm

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