

# Colleen Canyon

## House Call Acupuncture

Updated: 2/21/25

### What to Expect from Colleen:

- I'm vaccinated for Covid with my last booster on 2/21/25.
- I will wear a mask by request and you're welcome to wear a mask.
- Even with the relaxed guidelines, I'll still reschedule the appointment if I've had a known exposure of Covid in the last 5 days.
- I'll reschedule the appointment if I've 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've had a known exposure to Covid in the last 5 days.
- To reschedule the appointment if you've 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.

---

Colleen Canyon, MS, L.Ac.  
Call or Text 917.881.8096  
ccanyon@acupunctureforathletes.com  
Acupuncture For Athletes, PLLC