

Colleen Canyon

House Call Acupuncture

Updated: 6/15/26

What to Expect from Colleen:

- I'll wear a mask by request and you're welcome to wear a mask.
- I'll reschedule the appointment if:
 - I've had a known exposure of Covid in the last 5 days.
 - I've tested positive for Covid or if I have any new-onset of cold or viral symptoms.

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 not required.
- To reschedule the appointment if
 - You've had a known exposure to Covid in the last 5 days.
 - You've tested positive for Covid or if you have any new-onset of old or viral symptoms.
- To print and fill out the intake form and email it back prior to the initial session.

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Acupuncture For Athletes, PLLC