

After your session

DO:

Walk! Walk...Walk each day.

Walking is an important component. It continues the work we've done and encourages the important rebalancing process to solidify and complete itself.

Walking enables and stimulates your natural built-in healing abilities.

It is common to be sore for a few days following a session. Consider...we stretched muscles that have been out of balance, similar to initially engaging in a new physical activity.

Normally any soreness will work itself out as you walk. However, use common sense. If your pain increases or things don't feel right, stop walking and call me.

Take hot baths or use a hot tub - but do not put jets on any area worked on. The hot tub will help relieve some of the soreness.

The integration process can be encouraged by:

- ✓ NOT lifting anything heavy - no trash, kids, etc. in general don't lift anything at all. Use a light fanny pack instead of a purse - get rid of fat wallets.
 - ✓ NOT sitting for long periods of time. After 20 minutes get up and walk around a little. This includes driving! Stop and walk, it is better to stand, walk, or lie down than it is to SIT!
 - ✓ NOT sleeping on your stomach.
 - ✓ NOT doing repetitious twisting, for example, vacuuming, digging, scrubbing or strenuous exercises (this includes stretching other than instructed).
 - ✓ NOT holding the phone with your neck and head to one side for any length of time....use speaker or headset.
 - ✓ NOT allowing yourself to get chilled (tightens the muscles).
- ❖ It normally takes 24 to 48 hours minimally, sometimes as much as a week for the body to regain its balance and the soreness to work itself out. This didn't happen to you overnight and it will take same time to correct it. Take responsibility for yourself and follow the instructions. Did I mention walking?

My work usually takes a minimum of three appointments to re-establish lasting improvement. However, if your situation is severe and/or long- standing, it may require a series of treatments, for example, 4 to 6 sessions in order for the body to hold the balance, followed by occasional tune-ups, once a month has served many.

Call/text me if you have any concerns.

My website has a self-help section. I highly recommend visiting:

<https://musclemanagement.com/index.php/self-help>

and practicing the stretches within the "Core Balance stretching" section.