



Self Solace Physical Therapy, Inc.

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After your treatment session:

The best thing that you can do for yourself after a treatment session is to continue to tune in to your body by listening to what it is telling you.

If you feel like you have a ton of energy, use it (i.e. go for a walk). If you feel like you need to rest, then let yourself rest. If emotions, physical sensations or symptoms come up, allow yourself to feel them. If you need to cry, let yourself cry. Whatever it is that comes up is coming up for a reason. Allow yourself to hear and feel the signals your body is giving you. Permit your body to do whatever it feels like it needs to do.

It is always good to drink water. You may have heard that this is good to flush out toxins. This is true, but it's more important than that. Even if you're used to drinking a lot of water, things may be different now because your body is more able to absorb the water. When fascial restrictions are broken up the water is able to reach areas that were formerly bound down. Your body is more open. Now is the perfect time to take in water and allow the fluidity of your body to return...literally.

Most people feel better after a treatment session. Occasionally things get worse before they get better. There is no need to expect or brace for it, but if you do feel worse know that it is perfectly normal. Things will get better and when they do, they will be even better than before. In a small percentage of people when things get worse it is pretty intense. We call this a healing crisis. Sometimes your entire body is sore or achy. At times it can feel exactly like it felt after the initial trauma. Allow yourself to feel it in a different or deeper way. It is good to gently stretch the areas that are asking for your attention. Know that when you do get through it, you will be better off than not having gone through it. It may be very intense and possibly upsetting, but it is actually a very good thing. This is your body's way of letting go and reorganizing. If you do experience a healing crisis please know that you are welcome to contact me at any time.

Sometimes healing is chaotic and messy, as we start to break down and change old bracing patterns. The body has the ability to heal. It is beautiful, miraculous and so very worth it. I thank you for allowing me to be a part of your healing journey.

At Self Solace Physical Therapy, Inc., we truly want you to receive the most out of each and every treatment session. Here are some simple things that you can do to accomplish that.

Before your next treatment session, arrive early so that you can:

- Schedule future appointments, make your payment and take care of any other administrative business that may need to be done.
- Use the restroom.
- Take time to begin to relax and tune into your body as to how you are in the moments before treatment.
- Allow your mind to start to slow down.
- You may have time to begin some self treatment such as stretching or lying on the ball.
- The more awareness that you are able to bring into your body and out of your head before the session, the better!