

## After your treatment



Bodysmart Practitioners use a wide variety of neuro-muscular techniques to influence the functioning of the nervous system and remodel muscle fibers. Treatment **will involve the release of waste products from the muscles.**

After therapy you may experience a feeling of soreness or bruising in the areas that were worked on and **this is part of the recovery process**, much like after doing exercise that you are not used to. This can last up to 48 hours, and will be more evident in the first few treatments and then reduce as treatment continues. **To promote maximal recovery in the shortest possible time you should follow the guidelines below.**

## Eat well, drink well

- ✘ **Keep hydrated:** Drink 4-8 glasses of **water** after treatment. Avoid alcohol or caffeine.
- ✘ **Eat the right foods:** Increase your intake of raw fruits and vegetables. Avoid processed foods that are robbed of their vitamins and minerals. Make sure that your body has the nutrients it needs to heal the muscles and soft tissues that support your spine. Decreasing excess weight will also take the pressure off the spine.



## Protect your muscles

- ✘ **Keep your muscles warm:** Cold or chilling of the muscles will aggravate your condition. Do not drive home with your car window open and ensure that you have adequate warm clothing. If possible, have a warm shower after each treatment. The heat stimulates blood flow to the areas that were treated to assist in removing toxins and bringing oxygen to your muscles.



- ✘ **Keep moving:** To assist with blood circulation and waste produce removal ensure that you keep your muscles moving. Going for a brief walk after your treatment session or mobilization exercises such as rotation your shoulders will help. It is important in your early stages of care restrict over-exertive exercise (ie heavy gym class), and avoiding lifting heavy objects. Prolonged travel directly after treatment and standing or sitting unsupported for a long period of time should also be restricted.

### Improve your posture

- ✘ **Improve your posture:** Poor posture will create muscular imbalance and cause degenerative stress on your body. It is important for you to consider your posture in all of your activities, especially at your desk at work, and re-adjust it to take the pressure off the muscles and the spine.
- ✘ **Keep supported during sleep:** As we spend roughly a third of our lives sleeping, your bed and pillow are very important to the health of your spine and muscles. We recommend a firm mattress supporting your body in both side lying and back lying positions. A contoured pillow that supports the curve of your neck that is the correct size will reduce degenerative stresses during rest periods.

### Take an active role in your recovery

- ✘ **Keep your appointments:** Your care schedule has been customized for you. Each soft tissue session will build on the one before. Missing or postponing a visit can interfere with the retraining of your nervous system and remodeling of your muscular tissue.
- ✘ **Be a participant in your rehabilitation program:** When your condition has stabilised, you will be given some exercises and stretches designed specifically for you. These are imperative to maximise the health and function of your muscles and joints. Please perform them as instructed, in the absence of pain. If you would like your program to be updated please do not hesitate to ask your therapist.
- ✘ **Give it time:** If you cover up symptoms with a pill, you expect fast relief. Soft tissue therapy aims to correct the underlying cause(s) of your problem. The longer the problem has been around for, the longer it will take to heal. Regular progress examinations will be conducted, directing your care schedule.



**If you have any questions regarding your care, please do not  
hesitate to ask your Bodysmart therapist.**