



POST MASSAGE THERAPY CARE

Drink 4-6 glasses of water post treatment to flush the body of the toxins that have been released from the muscle tissue and to keep the body hydrated.

YOU MAY FEEL SOME DISCOMFORT FROM YOUR MASSAGE THERAPY TREATMENT, LIKE AFTER A HARD WORKOUT, SO PLEASE ICE THE TISSUES AFFECTED.

- Ice promotes faster healing within the muscle tissue and is an important part of treatment of injuries in the first 48 hours (acute stage) and beyond.
- Ice aids in reducing pain by slowing down the nerve impulses from injured areas.
- Ice aids in reducing swelling, a major cause of pain and stiffness.
- Ice aids in reducing inflammation, a major cause of continuing pain.

YOU CAN USE ICE PACKS, FROZEN VEGGIES, ICE AND MAGIC BAGS

TIMES & DURATIONS

- Ice the area(s) 2-4 times a day or more for 7-10 minutes or until the area is cool to the touch.
- Ice in combination with heat is only recommended after 72 hours of the onset of injury.
- After 72 hours (if advised), use ice for 2 minutes, then switch immediately to heat for 2 minutes and repeating the process 3-6 times, but ending with ice,
- Also having a hot bath with Epsom salts can be an alternative as well. (If recommended)

STRETCHING EXERCISES

- Stretching exercises are often given to help maintain and increase tissue length.
- Stretching should be comfortable, not painful, No bouncing should occur.
- And remember to breathe.
- Stretching should occur 3-5 times a day or more.
- You want to hold each stretch for a start of 7-70 seconds and increase by 2 seconds each week.