

A S Therapy – Treatment Aftercare

The intention of the treatment I provide is to aid in the healing process of the body as well as the mind.

However, some people can feel worse before they start to feel better. This is what is known as a 'healing crisis' which is perfectly normal to experience.

After deep tissue massage, manipulation, acupuncture, cupping or your therapist was working hard on a particular spot, you may be experiencing some discomfort. Pain and soreness within the muscles and joints after a treatment is normal as your body has started up the healing process. Headaches, soreness and sluggishness are also all normal after-effects of a treatment. They can be signs that toxins are making their way out of your system.

It is common to experience some of the following symptoms post treatment:

- Residual Muscle and Joint Soreness
- Mild Headaches
- Increased Urination and Thirstiness
- Drowsiness
- Feeling dizzy and/or faint
- Worsening of pre-existing symptoms
- Feeling Sick

It is important to know how to relieve pain and discomfort after a treatment so that you can get back to living a re-balanced life allowing your body to heal more efficiently.

By following the advice from the therapist after treatment along with any stretches recommended, reading through the aftercare form provided any side effects should improve within 24/48 hours post treatment leaving your body feeling more free within movement along with less pain.

You can also use an ice pack or soothe sore muscles in a bath to aid in healing but always seek advice by your therapist.

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If you are worried about any post treatment symptoms then you should get in touch with your therapist.

Water

During a treatment, built up toxins are released these toxins need to be flushed out. Your kidneys do an amazing job eliminating these toxins from your system and they need plenty of water to work to push these out.

Stay Relaxed and Take It Easy

Strenuous activity is best avoided for 12-24 hours after a treatment as it will help ensure you benefit from relaxed muscles and overcome any lingering soreness. Getting back to high impact activity straight after a treatment will simply halt the healing process. One of the best ways to capitalise on post-treatment is to actively choose to stay relaxed. Don't rush back out into normal life, opt for light exercises if you are a physically active person. You may feel energised after the treatment but it is essential not to overexert yourself.

I also really recommend relaxing the mind as well as the body. Put on some peaceful music, meditate, or simply read a good book. Another simple trick is some basic deep breathing.

Keep Mobile

However, whilst we recommend some relaxation and avoiding strenuous activity, don't stay completely still either. If you're back behind a desk or behind the wheel for a length of time, make sure you get up and move about occasionally.

Do some gentle and light stretches along with some simple mobility work feeling where your body needs the most attention, move around, or go for a gentle walk within nature.

Avoid Caffeine & Alcohol

Abstaining from consuming caffeine or alcohol for at least 12 hours or so after a treatment will improve the benefits. Both are dehydrating and won't help your body eliminate the toxins that are on the move post treatment.

Don't Overeat

Overindulging can swiftly eliminate the healing process; the treatment helps remove toxins so you do not want to consume foods that replace them. Instead, eat lightly and nutritiously. Your knowledge that you are treating your body in the right way, without processed sugars or carb heavy meals, will add to your sense of wellness and accelerate the healing process.

Book Another Treatment

Mentally you'll hold onto that post-treatment feeling longer if you know you've got your next treatment already booked in.

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If your post treatment symptoms continue then you should get in touch with your therapist, or speak to a doctor for further advice.



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