

Self-care after an Osteopathic Treatment

Despite the relatively gentle nature of this work, you may be sore and or/experience ongoing shifts in the body. Common experiences include spontaneous adjustments, electrical sensations and achiness. You may also feel a bit hung-over if you are not well hydrated or if toxins are elaborated from the treatment.

Experiences of this kind generally arise the next day, and the body generally stabilizes by the following day.

Expect to feel subdued or inwardly focused for the first day or so following your treatment. You may be inclined to sleep or rest more.

It is best to refrain from impact exercise or hard work for a day or two following your treatment.

A gentle swim or walk in nature is usually fine. Cleaning out your garage or lifting weights is probably not a good idea.

These things can be helpful:

- Extra rest
- Hot soaks with baking soda, salt or Epsom (magnesium)
- Drinking extra filtered water
- Taking minerals/electrolytes can help detoxify and re-hydrate the body
- Eating greens and brightly colored vegetables to alkalize the blood (provides minerals / nutrients / supports detoxification)
- Have some fun! Fun inspires an infusion of life force and speeds recovery!
- Please feel free to contact me with questions or reflections about your treatment.

To your health!