

## Post Session Information

**Drink plenty of water, at least more than you usually drink.** This helps flush the toxins released during treatment. All of the tissue that had been tight and/or painful did not receive normal blood and lymph flow. It did not get enough nutrients to function properly and the waste products were not rinsed away in a timely manner, which continued to make things worse. So, as we get movement in the area, these waste products (toxins) need to leave the vicinity as soon as possible to reduce the amount of discomfort that can occur because of the toxins. If insufficient fluid is ingested after a session there can be additional pain/tightness and even flu-like symptoms, including headaches, nausea, whole body achiness, general tiredness, etc., over the next two or three days.

**Let your body settle into the changes we made.** We want the over-protectiveness of the nervous system to not find a reason to re-engage. So, during the next two to three hours, don't do any fast and/or spastic moves, if you can help it. Think happy thoughts and try not to get into a highly charged emotional state. Try to let things go, if it's not life or death. Just go with the flow and don't get personally offended by an aggressive driver or a senseless comment. Try not to take things personal, at least not for the next few hours. If you plan on exercising, get in a good slow warm-up and don't "push" for a personal best.

**The day after a session, you might feel like you had a workout.** Sometimes the tension and pain can feel a little worse before the benefits of the work settles in. The work we did during the session helps get the fluid moving again, but the drainage system is a little slow due to the original injury and subsequent lack of free movement. Usually, inflammation will leave the area within 24-48 hours. Around this same time you will usually start feeling the most benefits of the treatment.

**Cold packs can help reduce the inflammation and give some relief but, using hot and cold therapy combined is most effective.** The application of cold pushes fluid away from the area and reduces swelling. The use of heat draws new fluids with nutrients and other good stuff into the area. The cycling of hot and cold packs will flush the area more quickly and effectively. For the most effective treatment that penetrates deep into the tissues, apply one for 10-15 minutes then switch. Do at least two cycles and finish with whichever application feels the best to you. If ice is not well tolerated, use a washcloth dipped in ice water and squeeze out excess. You will need to recharge this very often and minimize the time it is not in contact with the area in need.

**Epsom salts can help calm the nervous system and relax muscle tension.** Magnesium is absorbed directly through the skin. Nerves enjoy magnesium and mellow out, which then allows the muscles to let down their guard.

As a bath\*, dissolve two cups of Epsom salts in hot water (As hot as you can stand) and soak for 15-20 minutes.

As a poultice, using either method below, apply directly to or near the target area. Rewet and repeat as time allows. Applying the solution to any portion of skin will provide some benefit. The main factors in the salts absorption are: skin area covered, water temperature and application time. The salts can be absorbed at body temperature with longer contact time.

Method 1) Place some Epsom salt crystals on a hot damp washcloth, fold to keep the salts in.

Method 2) Dissolve salts in hot water then use a washcloth to apply.

\*Diabetics should not use the hot bath method. The blood sugar will be affected and any peripheral neuropathy might prevent them from getting a warning message from the extremities.

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