

WHAT TO EXPECT AFTER AN OSTEOPATHIC TREATMENT

Treatment continues even after your appointment. Please be mindful of the following diet and activity related recommendations to maximize the positive impact of your treatment following your appointment:

- Drink plenty of water (room temperature) to flush your system, get plenty of rest, and eat a healthy diet, low in sugar, meat, and processed foods.
- Plan some less structured time after your visit if possible.
- Consider lightening your activity for 2-3 days after treatment. Light walking is usually OK, on a relatively smooth and flat surface. Particularly avoid adding any new and strenuous exercise, doing heavy lifting, and other intense activities, since your body will be looser than usual, and things will be shifting and trying to change to a new normal.
- Try to lighten your mental workload also, if possible, for the rest of the day that you are treated.
- Check with your doctor before incorporating other types of physical medicine (chiropractic, physical therapy, massage, acupuncture, craniosacral therapy, etc.) into your treatment plan. Try to avoid receiving any other types of physical medicine within 3 days before or after your visit. If this is difficult to coordinate, talk with your doctor about whether some exceptions might be reasonable in your specific situation.
- Be especially careful to maintain good posture during the first few days after your treatment.

Avoid:

- Strenuous activity for at least 24 hours following a visit.
- Carrying heavy purses/ backpacks/ briefcases/ and any heavy lifting. Use caution and good mechanics with any lifting, and avoid heavy lifting, asymmetry such as carrying a bag over one shoulder for a long period, etc.
- Slouching, poor posture.
- Repetitive or continuous one-sided motions such as leaning to one side, lying on one side for long periods, repeatedly turning or twisting to one side, etc.
- Crossing your legs or ankles. This is a hard pattern to shift, but increasing your awareness will help you to change.

Treatments can make subtle but powerful changes in your body. The most common feeling after a treatment is relaxation. Occasionally patients experience vital reactions ranging from light-headedness to achy sensations, or a mild to moderate aggravation of symptoms. This is more common after the first or second treatment. Symptoms typically resolve within 24 to 48 hours.

- If symptoms persist for more than a couple of days or are severe and prolonged, contact the clinic.
- Discuss any strong post treatment sensations with Dr. Neal at the next visit. This helps her get to know your body's response to treatment and how to best support it.

Movement is essential to life! Try to incorporate enjoyable, consistent movement/exercise practices to prevent future pain/injuries.

- Everything counts- from taking light walks and stretch or stair climbing breaks, to participating in your favorite sports. Exercise and movement helps to keep your muscles and joints supple and your blood and lymphatic fluids moving.