



# After Massage Care Instructions

You have just experienced a healing session here at Meridian Medical Massage, it could have been your first, or your hundredth, but the aftercare instructions remain the same. Following these basic guidelines and understanding some of the aftereffects are essential to help receive the best possible results from your treatment.

- Your body post massage is already in a dehydrated state, drinking water is crucial to your healing process but avoiding caffeine and alcohol for up to 12 hours after your treatment is also important as they may dehydrate you even more.
- Avoid any strenuous activities, and/or rigorous exercises for the next 12 hours to help your body rest, and recover; Fully allowing the changes your therapist has made to settle in.
- If you are feeling increased swelling, pinching, and/or pain after your massage, this is perfectly normal, the body may go through an adjustment phase as it gets use to being in alignment. Healing is a process and a journey, and although this clinic houses some of the best in the field, we most likely will not complete your healing journey in one session. As we heal certain areas, other areas may awaken with pain as the body has a miraculous ability to mask pain for us until more is set free. Hydrotherapy is a great source to help aid recovery. Ice is wonderful post massage to help decrease any inflammation present in the body. Vascular flushing is a great tool to use when the pain becomes too much. Over the counter medications like Ibuprofen may also be used as your body settles into the new adjustments made during your treatment.
- Emotional or Mental Releases: Feeling overwhelmed by emotions, tears, sadness, even anger are normal after massage. You may not know but your muscles store not only pain, but emotions and trauma as well. As we get your muscles to release and move in ways they may not have for a while we are also releasing anything you may have unconsciously stored in them.
- Physical Releases: Common physical releases after a treatment massage may include but are not limited to congestion, soft trembling, nausea, ringing in the ears, flu-like symptoms, overwhelming state of relaxation, lightheadedness, etc.

The key is remembering this list and all the things that may come with this type of in-depth treatment work and when you feel those releases be it an emotional, a thought, or a physical symptom to stop and say to yourself "I recognize this is a release" and your body and mind will do the rest to let it pass through.



If you have any questions, comments, or concerns about how you are feeling after your treatment, please do not hesitate to reach out:

Text or Call Jessica Lindbo (Owner)- 253-209-8535

