

Teresa Stachowiak, myofascial therapist

920.770.2203 | www.upmyofascialtherapy.com | upmyofascialtherapy@gmail.com

Post Therapy Checklist

- Please drink LOTS of water a few days after therapy to help hydrate your body and flush any toxins
- Light stretching exercises to help aid in the healing process. Stretch any areas of tightness within the body; 2-3 minute holds while the fascia and muscles soften and relax. If you're looking for guidance, please refer to the education page of my website. I've posted a lot of stretches under my education tab.
www.UPMyofascialTherapy.com/education
- Practice deep diaphragmatic breathing (belly should puff out as you breath in through your nose). Be aware of shallow, tense, rapid breathing (from the chest area) that seems to be a habitual response to stress and tenses the body. Remember to breathe deeply, stretch and relax.
- There is a possibility you might feel a little extra tired after your therapy session (kinda like you ran a marathon) and your body may just need some relaxation. Listen to those cues and take care of yourself and get plenty of sleep.
- Be aware of things at work, home or while traveling that might be adding to the pain or tightness within the body. Sometimes computer set ups might need to be tweaked to be a little more ergonomically correct, maybe you're holding a phone between your shoulder/neck all day and it's time to use a headset, sometimes we spend a little too much time looking down at our phone or while reading a book and strain our necks and just need to get the book or phone at eye level, how old is the mattress on your bed? This might be adding extra strain and creating a little more back pain, how about your shoes? Do they give your feet good support still or are they getting a little worn?
- Follow up with me if you have any concerns at UPMyfascialTherapy@gmail.com
- Schedule your next appointment online at my website www.UPMyofascialTherapy.com