



Each of us may react very differently to the same surgery when it comes to post surgical pain. Generally speaking, our bodies do not like to be invaded by surgical tools, no matter how small. It seems that the better physical shape we are in, the less pain and recovery time is experienced. It is not always the case though.

As a natural reaction, muscles around the area invaded by the procedure try to help stabilize and compensate. They can become painful and tighten. This restricts normal blood flow. If the surgery forces you to walk, sleep, sit etc. differently than normal, other areas of your body can become painful because they are compensating too. SLM Bodywork and physical therapy quickly after surgery helps lessen this impact.

SLM bodywork enhances physical therapy and shortens your recovery time by:

- Maximizing blood flow to the to the invaded area which will help tissues heal faster.
- Address the entire muscle system to locate compensating muscles no matter where they are and help them function as normal as possible. If left alone, they may become tight and take a longer time returning to normal after surgery. This facilitates a quicker recovery time.
- Reset the nervous system to keep body movement as normal as possible. This too facilitates a quicker recovery time.

If you have surgery, your best course of action to minimize your pain and shorten recover time is SLM Body work coupled with physical therapy.