

This week's problem pain is something you all should be concerned about, if you receive deep tissue body work. All the body workers/massage therapists, I know, tell their clients to "drink a lot of water" after a treatment. It is also taught in all the massage schools. I have written about the reasons for this earlier.

SLM treatments are extremely effective in treating ALL muscles, by making them "work" toward fatigue. SLM is also proficient in releasing those muscles which have been helping (compensating for) dysfunctional muscles. Because of this, clients are further instructed as to what to do **before AND after** a treatment, in addition to drinking lots of water.

Sadly, there have been a couple of clients, who felt so good after a treatment, they tackled things they shouldn't have. This resulted in severe pain which could have been avoided. These things are suggested so the maximum benefit is realized from the treatment and to avoid setbacks of any kind.

Here's what you can do to maximize the positive benefits SLM bodywork treatments:

1. It's best to rest for at least 2 days after treatment. That means no exercise or long periods of standing.
2. You may be sore for a couple of days after treatment and this is best handled with hot baths and/or heat packs.
3. Don't get any other form of therapy or bodywork for at least 2 days after treatment or on the day, before your SLM treatment.
4. Try to cut back on sugar and acid foods (especially alcohol) during the weeks you are getting treatments, especially a couple of days before a treatment.
5. Don't do hard exercise 2 days before the next treatment unless you are very use to it.
6. Try to think about posture all the time, analyzing the way you are sitting and standing to be sure you are balanced especially for the first 2 days, after treatment.

So please, as one of your New Year's resolutions, promise to do your part before, during and after your treatments. I promise do my part to help you get the maximum relief, regeneration and relaxation.