



Habits for Healthy Healing

Your body has a remarkable ability to heal, but it needs your help! You can make a big impact on how well you heal by following a few easy guidelines.

- **Stretch.** Stretching guides your body as it heals to make sure new tissue is laid down in the best manner possible. In addition, it keeps your body from losing the ability to move as it was designed.
 - Perform the stretches you have been taught at least 4 times per day.
 - Stretch before and after aggravating activities and when you hurt.
 - Hold your stretches for a minimum of 30 seconds.
 - Stretch to the point of pull but not pain.
- **Maintain** a healthy activity level. Unless your physician or therapist has told you otherwise, it is important to stay as active as possible during this time of healing. Let pain be your guide. Activity helps your body function at its best!
- **Drink plenty of water.** Water is a basic component of healthy tissue and it's difficult for your body to heal without plenty of water. If you don't like the taste of water, try sports drinks or flavored water. Drink enough water so your urine is relatively clear and light in color.
- **Eat nutritiously.** When your body is trying to heal, it needs the right building blocks for healthy tissue. Much of what we eat has no nutritional value and only provides empty calories, leading to extra fat. During this time of healing, try and eat a wide variety of healthy foods of different colors. You may also want to consider taking a multivitamin.
- **Get plenty of rest.** This is not the time to skimp on sleep. Many of your body's healing processes take place while you sleep, so get to bed early enough to allow sufficient sleep to feel rested
- **Maintain a positive attitude.** Feel like you can accomplish something? Then you probably can! Having a positive attitude has been shown to affect the outcome of almost everything we do.

What to Expect Following Astym Treatment:

- You may notice some mild soreness after your first couple of treatments but you will also notice you are able to begin to do things that your pain had previously prevented you from doing.
- Stretching will help minimize any soreness you might experience.
- You may develop some mild bruising in the areas that were "rough" or "bumpy" during your treatment.
- These responses are part of the normal healing process and show that your body is hard at work laying down healthy new tissue.
- Most patients typically experience a decrease in pain with an increase in movement within the first 3-4 treatments

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