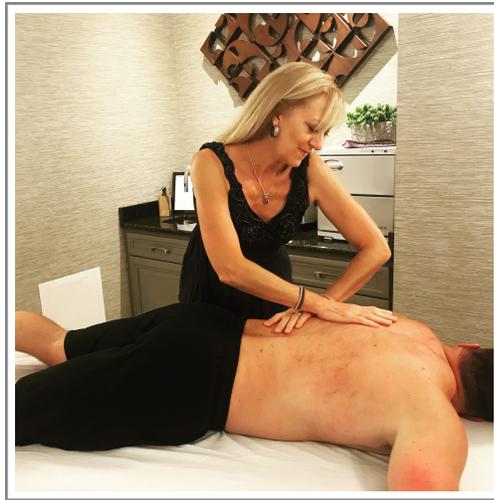




Pain Relief and Pelvic Physical Therapy, Easton and Chester,



Client Tips for getting the most out of your treatments:

1. Awareness- perform a body scan. Look for areas of tension in your body. Where are you holding? Unable to release? "Without awareness, there is no choice." Become aware of your restrictions. Alert your therapist of these places so she can address them in treatment. Perform self-treatment or ask for how to perform self-treatment for these areas.
2. Breathing - Avoid holding your breath. During treatment, breathe into the areas of tension, places with pain, trouble spots. Imagine air flow through these places helping to soften them and release the restrictions.
3. Presence - Center yourself and stay present in the body. Pay attention to sensations such as heat, twitching, vibrations. Sometimes, distant areas may be alerting you to the need for treatment. Take note of them and ask your therapist to treat them.



4. Self talk - What are you telling yourself through the day? Be mindful of your inner dialogue. Love yourself and your current state, even if your pain is limiting your life. Don't allow yourself to steal your joy. You can have the life you want. Change the message to one of encouragement. Say to yourself mentally, " I love myself. I let go of old, useless messages. I did my best. "
5. Emotions - When emotions arise, allow them to come forward. Express them. Your Myofascial Release therapist is prepared for any emotions that arise in the session. Allow yourself to express your emotions when you feel safe, at home, in nature, in a journal. They are part of the issue. Give yourself permission to feel and express them.
6. Unwinding - occasionally, you may feel the desire to move your arm, trunk, head during treatment. This is part of the healing process. It is called Unwinding. Allow it to happen. Find a safe place at home to unwind. Ask your therapist to help you explore unwinding so it becomes a natural part of your session.
7. Imagery - Sometimes, you may be asked to imagine how you want your life to be. When you reach your goal, what will that look like? Imagine in NOW. Repeat that image several times a day. Imagine the tissue elongating under the therapist's hands. Picture taffy stretching or wax melting. These techniques help speed up therapy and keep you present in your body.
8. Set your goals - what do you want to happen. Be as specific as possible. Picture it. Write it. Repeat your goals often daily. You can do this. Be realistic. Rome wasn't built in a day. Have patience and allow the process.



9. Set backs - Sometimes, you may feel worse after a session. Healing is not linear. You may make many steps forward, then a few backwards. Trust the process. It is a spiral. You may feel like you are revisiting old issues that were already resolved. This is normal.
10. Tools - use the 4" ball, the wedges, Nola Rola, pelvic floor release tool, stretches, heat, ice, bathtub. Take care of yourself. There are 168 hours in a week. If you get treatment for 1 hour, what are you doing to help yourself for the other 167?



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Feeling worse?

YOU WOKE UP THIS MORNING AND YOU FEEL AWFUL? THIS PAGE WAS WRITTEN JUST FOR YOU

Don't panic if you feel worse before you feel better. When you receive MFR treatment, you are getting the most effective pain therapy offered. Now that doesn't mean that the journey to a pain-free and active lifestyle is going to be without pain, or hard times.

When you wake up in the morning and feel like a truck backed over you, you will understand what I'm talking about...If this is you, do not panic. This is a healing crisis.

Healing is not linear, and sometimes you have to process and go through a full-felt experience to get to the other side. Instead of trying to escape what you are feeling, try to sit with it. Experience it. You are not injured.

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The injury already occurred and you survived. But all day long your body and mind don't understand this on some level yet, so allow the process to happen. Feel into your pain, and your fear and all of the things that come up for you.

Tell yourself that you survived and feel what that feels like.

Realize that you are strong and that you are capable of healing.

Even if you are in pain.

Then go back to some of the self treatment skills you have picked up and try a few of those things.

Then do something else for a while. Don't try to figure things out.

The more you allow yourself to process this the faster and easier you will start to feel your new normal.

Also do not force. Forcing through or over treating is not helpful and can injure.

So keep that in mind. Less is more. You already survived. Keep reminding yourself.