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After Treatment Instructions
Modified from those of Dennis Burke, DO

Walk

Your system, overall, will likely be very relaxed after a treatment. In order to avoid stressing your tissues too soon, too fast, by getting in a car and driving in the usual tenseness of traffic it is often wise to take a short period of time to walk easily and gently. Even 5 – 10 minutes is often adequate to help the muscles, ligaments and tendons to become mildly firm again without getting tight.

Rest

This period after a treatment is also a vulnerable time and several hours are needed in which it is important to avoid anything strenuous, even biking or house/yard work. The internal healing functions of your body take time and one must stay respectful of this by resting adequately. Quick and particularly jolting movements are often detrimental and should be avoided, even for a day or two post-treatment.

Normal soreness

During the treatment process there is a readjustment of tissue forces and mechanics that is taking place and it is almost like creating a new problem, with the attendant soreness that occurs. It is common to feel achy, either immediately, later that day or even the next day. It is important to bear with this, rest as much as possible and stay well hydrated. If this soreness is excessive, unusual to you or lasts more than two – three days without letting up, please call the office at the number above.

Adjunctive therapies

Trying to do too much at one time with other therapies can be over-taxing to your system. It is usually a good idea to limit other types of therapy at the same time for a day or so after Osteopathic treatment. This helps in a scientific way as far as helping to delineate the effects of each therapy as well as to allow your general body mechanics to avoid over-stimulation. Many other therapies are definitely helpful in the long run and are extremely useful in conjunction with Osteopathic manipulation, just in moderation.