



# What to expect during my treatment

## **What to wear**

Please wear loose comfortable clothing and your underwear. Please avoid wearing sports bras or activewear. Underwear must be kept on during your treatment. However, depending on what area of the body is being treated, your bra maybe asked to be undone or taken off. Please note you will be adequately draped and covered.

## **Arrival**

Please come into reception area and take a seat. For your first appointment only, arrive 5 mins earlier to fill in your personal details and written consent to commence treatment. Arriving any earlier is not necessary as the shop is open for appointments only.

## **Client Health History Form**

During your first session, I will be taking notes on your health history which enables me to be gain a better understanding of your symptoms and any other possible factors that may be contributing to your issue. This may take a few minutes. Once this is completed the first time, this will not need to be repeat for sequential appointments.

## **Discussion**

I will ask what your overall goal for the treatment is, if you have any concerns or questions you may have.

## **Physical Assessment**

I will perform a physical assessment on your body to explore your range of movement. This is where I will get you to perform a series of movements with your body in a standing position and either lying or seated on the massage table. I may ask you to take your top off, to ensure I can view your body correctly. This may take a few minutes to complete.

## **Formulation of treatment plan and consent**

After gathering your health history, taking into consideration your goals, and completing the physical assessment together will be develop a treatment plan that is tailored for you. This is where you will need to give me consent to proceed with the treatment.

## **Disrobing**

During the treatment session, depending on what area of the body I am treating. I may need to get you to take your top or pants off. Please note, that I will keep you adequately draped and covered.

Clients are to keep underwear on. However, depending on what area of the body is being treated, your bra maybe asked to be undone or taken off. Again, you will be adequately draped and covered to ensure you feel comfortable, safe, warm and at ease.

## **The treatment**

The whole treatment will run for 45 minutes. Remedial massage is a process where I will treat, reassess and continue to treat you, to check for improvements in your range of motion and ensure we are making progress with your particular issue. Therefore, *you are not constantly being massaged for the whole session*. Remedial massage relies on communication between yourself and myself. This allows both parties to gauge the level of pressure used.

You may be asked to change positions several times during the treatment and to participate in active movements to help ease off muscle tension in the body.

## **Debrief**

During this time, you will be able to discuss the progress of the treatment and may be given possible exercises and stretches to perform at home. Because of the nature of the treatment and the level of severity of your issue, sometimes not all your concerns may be addressed in one session. Therefore, it may take several consultations to achieve your desired outcome.

## **Post treatment**

Please ensure you rehydrate adequately after your treatment with filtered water. It is normal to feel a little tender afterward a treatment and sometimes for people a number of days as the body accustoms itself to the changes imposed on it.