

Myofascial Release Pre & Post Treatment Care

Pre-Treatment

Arrive well hydrated and continue to drink water throughout the day.

Wear comfortable, loose fitting clothing.

Avoid alcohol, caffeine 24 hours before treatment

Avoid heavy meals for a few hours before your appointment.

Please inform your therapist of any medical conditions, recent injuries or changes to your health.

Allow time to relax before your treatment and arrive promptly for your appointment.

Post-Treatment

Drink plenty of water to support the body's natural processes.

Avoid alcohol, caffeine and strenuous exercise for 24 hours where possible.

Gentle movement, such as walking, can help maintain the benefits of your treatment.

Some mild tenderness or fatigue may be experienced following treatment and should settle within a day or two.

Follow any personalised aftercare advice provided by your therapist.