

## **Follow up care for Ashiatsu Oriental Bar Therapy®**

After receiving 60 minutes of this technique, your back muscles will be very supple and the chances of injury are greater. Please take the following precautions for the first 48 hours after receiving a massage.

### **SHOULD NOT**

- ✓ Sit for long periods of time in a hard chair. Examples are: surfing the internet, sitting in a theatre or playing cards for any extended amount of time. We do not want you to compress your back for 24 hours.
- ✓ Lift heavy objects. Examples are: children over 35 pounds, bench press, and cement bags. Do not perform any heavy yard work or housework. Be very careful of your work out at the gym within first 48 hours after a massage.
- ✓ Engage in any rough contact sports. Examples are: wrestling, horse back riding, snowmobiling, jet skiing or cardio-kick boxing. Any activity that twists your back muscles like golf could cause more inflammation within first 48 hours after a deep tissue massage. Play at your own risk.
- ✓ Drink **heavy** alcohol within first 24 hours. You may experience a “lactic acid hangover” due to dehydration coupled with the deep compression work. It is better to hydrate and rest!

### **SHOULD**

- ✓ Drink lots of water!
- ✓ Passive stretching (sit on edge of chair and hang forward. Try to touch elbows to floor. Gentle EASY stretching). Do not bounce!
- ✓ Wear back or neck support if your work requires rough activity daily.
- ✓ Treat yourself to hot sauna, steam room or jacuzzi.
- ✓ Apply **Prossage Heat or Bio Freeze** on lower lumbar area. Find which heating or cooling product works best for your particular symptoms of pain. You can also lie on floor with legs up on chair or sofa.