



HOME INSTRUCTIONS FOR PATIENTS RECEIVING ASTYM® TREATMENT

HABITS FOR HEALTHY HEALING:

Your body has a remarkable ability to heal – but it needs your help! How well, and how quickly you heal can be significantly impacted by following a few easy guidelines.

- **Stretch.** Stretching guides your body as it heals to make sure new tissue is laid down in the best manner possible. In addition, it keeps your body from losing the ability to move as it was designed.
 - » Perform the stretches you have been taught at least 4 times per day.
 - » Stretch before and after aggravating activities and when you experience discomfort.
 - » Hold your stretches for a minimum of 30 seconds.
 - » Stretch to the point of pull, but not pain.
- **Use your Renu 28 gel 4-5 times a day** over areas that were treated with Astym, as well as on painful areas, bruising or scars. See Renu 28 instruction sheet for details.
- **Maintain a healthy activity level.** Unless your physician or therapist has told you otherwise, it is important to stay as active as possible during this time of healing. Let pain be your guide. Activity helps your body function at its best!
- **Drink plenty of water.** Water is a basic component of healthy tissue and it's difficult for your body to heal without plenty of water. If you don't like the taste of water, try adding flavor with dōTERRA essential oils (available in our office). Drink enough water so your urine is relatively clear and light in color.
- **Eat nutritiously.** When your body is trying to heal, it needs the right building blocks for healthy tissue. Much of what we eat has no nutritional value and only provides empty calories, leading to extra fat. To aid healing, eat a wide variety of healthy foods of different colors. You may want to consider taking a quality multivitamin. Our team can provide recommendations.
- **Get plenty of rest.** This is not the time to skimp on sleep. Many of your body's healing processes take place while you sleep, so get to bed early enough to allow sufficient sleep to feel rested.
- **Maintain a positive attitude.** Feel like you can accomplish something? Then you probably can! Having a positive attitude has been shown to affect the outcome of almost everything we do.

WHAT TO EXPECT FOLLOWING ASTYM TREATMENT:

- You may notice some mild soreness after your first couple of treatments, but you will also notice you're able to begin to do things that your pain previously prevented you from doing.
- Stretching will help minimize any soreness you might experience.
- You may develop some bruising in the areas that were "rough" or "bumpy" during treatment.
- The responses listed above are part of the normal healing process, and proof that your body is hard at work laying down healthy new tissue.
- Most patients typically experience a decrease in pain, with an increase in movement, within the first 3-4 treatments.

Please contact our office with any questions or concerns.



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