

AFTERCARE/SELFCARE MT1 © GCMT 2006

The After-Care in this document is Massage Therapy related only. The information should be given to the Client where appropriate. Advice beyond the massage realm such as medical, herbal or homeopathic should not be given unless the practitioner is qualified in these areas.

After Care/self care must be specific to the individual Client needs. This could include such advice as relaxation techniques, self massage, basic stretch and mobilisation techniques, postural improvement, diet changes, product use, further treatments to maintain well being, the use of heat and cold application and in some respects these could be life changing.

Explanations for the reasons for any aftercare/self care should be made clear to the Client and tailored to the individual Client needs. The advice also needs to be Client centred. There is no use advising the Client to have a relaxing bath if she/he has not got a bathtub. It is a good idea to find out what the Client likes and what his/her natural tendencies are. Do they like dancing, stretching, walking, listening to music or gardening? Be creative and think up ideas that inspire your Client!

Any practical techniques which are recommended for the Client to carry out must initially be demonstrated by the practitioner and practised by the Client under guidance to ensure safety and efficacy. When giving instructions for postural exercises try and stay as close as possible to the Client's natural way of moving and breathing.

When required, the use of Cryotherapy should be explained to the Client and written instructions given for the safe use of this treatment. It is advisable wherever possible or practicable to give written instructions including diagrams when necessary for any aftercare advice given.

INITIAL 24 HOUR AFTER CARE APPLICABLE TO ALL CLIENTS

To receive the most from the treatment provided by the massage practitioner the Client should:

- 1 Drink plenty of water – this will help flush out any toxins that may have been released from the tissues during the treatment stage.
- 2 Recommend that the Client avoid alcohol or any strong stimulants (which could include non prescriptive drugs, tea and coffee) for a minimum of 12 hours after the treatment. Failure to adhere to these instructions could result in some dehydration.
- 3 Encourage the Client to rest or have quality time after the treatment to allow the body to carry out its own healing process.
- 4 If possible only light meals should be taken for the first 24 hours after treatment and if possible red meats should be avoided during this period.

Aug 2006

- 5 It is essential to consider prevention being better than the cure. Once signs of improvement are recognised it is essential to continue the advice that has been given for improvement to be maintained.

CLIENT CONTROL

It is necessary to emphasise that the practitioner is not in charge of the Client's health. When the Client visits the Clinic the practitioner will take charge of the treatment session, but does not take over. The Client must be encouraged to be in charge of their own health and not give their power to the practitioner or anyone else. We must respect that the Client is in charge of their health – they are the expert on their body and you are the Massage expert so two experts come together for the improvement of the Client.

DO NOT OVERWHELM

Tempting as it may be to try and take over the Client and give all the advice above and more. DON'T. You will gain more respect if you work with the Client one step at a time. Keep the advice helpful, fun and workable.

FINISH ON A POSITIVE WHEN GIVING ADVICE.

Remember to tell your Client that when they receive an uplift in their energy levels or however improved they feel after the treatment: this extra energy must be used for self healing rather than mowing the lawn or cleaning the car. Quality time and rest are as essential as any other recommended aftercare/self care techniques.