



HARRY HAMPSON
OSTEOPATHY

Post-Osteopathy Aftercare Guidebook

Includes...

- Common side effects after treatment
- Frequently asked questions
- What you can do to help get yourself feeling better

Common side effects after treatment

Because of the physical nature of the treatment, it is not unusual to sometimes feel sore in the first 24-48 hours after treatment. Some common reactions following treatment include:

- Tiredness
- Increased soreness
- Headaches
- Dehydration

This is often a sign of the body adjusting to a new state of health. If you have any questions or if your symptoms do not improve, please contact us!



Feeling sleepy
after treatment?

Frequently Asked Questions

How long will it take for me to get better?

It may require more than one visit before your problem is resolved. We will review your progress at each subsequent visit and seek your consent to any changes to your treatment plan.

Many factors can affect your recovery such as how long you've had the problem, age or even severity. In a lot of cases you will feel a definite change for the better early on in your treatment plan. Whilst every person is different, we will be able to advise you on your most likely recovery time. Usually, the longer you've had an issue, the longer it will take to get it sorted.

We aim to get you feeling better and with your own self-management strategies as soon as possible. But generally, it can take up to three to four treatments.



When will I feel better?

Continued..

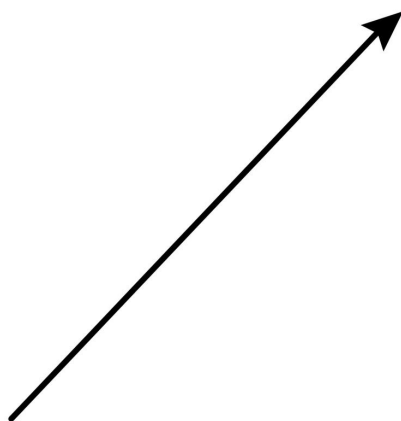
Do I need to come back for another treatment?

After your last session with us or in between appointments, niggles can start to appear – little reminders of the pain that used to be there.

We want to reassure you that these things do happen and don't necessarily mean that the issue is back. This especially can happen after doing a little too much too soon. However, we would recommend booking in just to have things checked over and nipped in the bud. Minor niggles are easier to resolve than more severe episodes of pain.

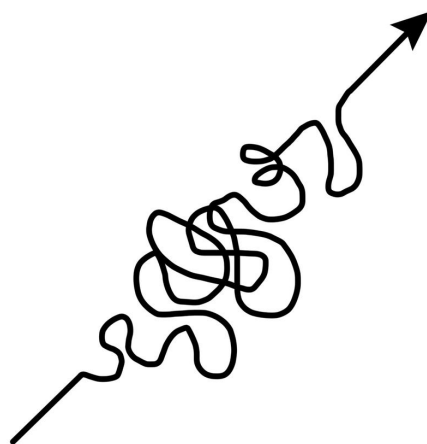
Improvements aren't
always linear!

Success



What people think it
looks like

Success



What it actually looks
like

Can I go back to work?

This often depends on the type of work that you do, and the activities related to it. More physically intensive jobs may benefit from a bit of time off to let things settle. With more desk-based work you may be able to manage it as long as you keep generally mobile.

If this is a concern – please do tell us and we can work together to arrange some adaptations. Osteopaths are qualified to produce a fit-note if we both believe the pain is preventing you from being able to work.



Can I go back to exercise?

We know it can be frustrating when things are sore and you want to get back to exercise as soon as possible. Usually, tapering things down for a week or two gives your body chance to heal and feel better. Sometimes returning too soon can increase the risk of re-injury or symptom aggravation.

We will always discuss returning to sport strategies with you and plan out what the following weeks will look like.

Still Sore?

Here's what you can do TODAY to get yourself feeling better.

Ice

Best for: new injuries, swelling, and pain relief



Ice has been shown to be a powerful pain modulator (meaning it overrides the pain signals in your body providing pain relief). It can help with swelling after a sprain but try not to place on for longer than 10 minutes.

Heat

Best for: Longer term pain, back pain, general aches and pains.



Heat is warm and comforting, relaxing the muscles and this often helps with general mobility and flexibility. Not a great idea in the early stages of a sports injury or sprain as this can often make the swelling worse.

Keep Moving

“Motion is lotion”

If you've sat down for a while, it's good to get up every now and then to help reduce the stiffness of muscles. Movement of the body has a variety of benefits:

- Flushing inflammatory fluids away
 - Pain relief
 - Stretches and warms the muscles
 - Teaches the body that movement is safe and does not need to go into a protective spasm
 - Endorphin release – feel good factor
 - Reduces stiffness
-



Hydration

Your connective tissues (muscles, ligaments, tendons, and joint capsules) are 95% water. If you are dehydrated this will negatively affect your body's ability to move optimally. Often just making sure you get 6-8 glasses of water is enough to feel much better.



Have a Nap

Napping for 20 minutes in the day has been shown to increase memory, motivation and mental clarity. Any longer and you can end up feeling more tired than before. So set a timer, grab your blanket and have a nap.



Time to get pain-free

If you have any questions, or would like to arrange a consultation, feel free to get in touch! I'm always happy to chat. You can also follow me on social media for helpful tips and exercises (icons below are clickable)



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Disclaimer: This document is purely educational and not designed to be diagnostic. If you have pre-existing conditions or pain, a full medical history and specific advice for your issue should be sought from a qualified healthcare professional.