

## TEN TIPS TO ENHANCE YOUR TREATMENT SESSIONS

- **LISTEN TO YOUR BODY** – before, during, and after treatment. Identify any areas of redness, tenderness, tightness, or tingling on the body.
- **REFRAME YOUR NOTION OF “PAIN”** Allow yourself to soften your experience of pain. Instead of identifying with the pain, become aware of the “sensations” occurring in your body. Concentrate on the areas where sensations are present.
- **BREATHE INTO SENSATIONS** As you breathe, imagine that you are blowing air out of your body through the area that is producing the most sensation. This type of breathing puts you in touch with your body and thereby enhances your body awareness.
- **UNWIND** – Allow your body to move. As movement occurs, fascial restrictions are being released.
- **EXPRESS EMOTIONS** – experienced during or after your treatment session with your therapist. The fascial system holds emotions in the body in the form of pain that may be preventing you from getting better. Often, with the release of emotions, the pain will decrease and you will feel better.
- **USE IMAGES OR MEMORIES** Share them with your therapist to help locate the source of your pain.
- **COMMUNICATE** – with your therapist! Even things that may seem non-related, silly or embarrassing. The therapist cannot help you if you do not talk honestly with them.
- **STAY POSITIVE** Remember to reinforce your intention to enjoy a pain-free, active lifestyle by giving yourself messages such as “I am getting better everyday.”
- **REMAIN FOCUSED** You may experience setbacks. This is sometimes part of the healing process. Keep focusing on your goals and the progress you have already made to help you through each treatment session. You are on your way!
- **SET GOALS** Visualize the attainment of your goal. Establish a time-frame for this to occur. If goals are not completed on time, it is O.K. Stay focused and know that the healing will occur.

*Remember that “pain is simply a signal or message your body is trying to give you.”  
By listening to your pain and relaying these messages to your therapist, the road to recovery will seem more within your reach.*