

## NEUROSTRUCTURAL INTEGRATION TECHNIQUE

### AFTER CARE

1. **Do not** sit for any longer than 30 minutes at a time on the day of your visit. Lying down is okay.
2. Do as much walking as possible each day (at least 15 minutes).
3. Drink as much *pure water* as is comfortable (no less than 5 glasses per day, (assists flushing of toxins). Avoid stimulating substances - coffee. Painkillers and anti-inflammatory drugs are ok - if necessary.
4. Move carefully using good body mechanics e.g. squat if bending when picking something up, **do not cross legs**, be careful getting in and out of car and bed. No stretching routines.
5. No other forms of manipulation for 1 week e.g. massage, stretching, chiropractic, physiotherapy, acupuncture, kinesiology, etc.
6. No excessive heat or cold on areas that have been treated, e.g. do not stand under the shower with hot water running on neck, do not use an electric blanket. No hot baths at all for 1 week after visit.
7. No strenuous exercise for 2 - 4 days after visit.
8. After TMJ procedure, do not bite hard on apples, nuts or confectionary etc. for 2 - 4 days. Also avoid large yawns.
9. Do not use orthotic appliances in shoes.
10. Reactions ranging from hot and cold flushes, emotional releases, headaches, and body aches may be experienced. These reactions are a positive sign that the healing process is working.