

After Your Treatment

For the best treatment possible, Dr Toder recommends the following:

***WALK**

Please walk for 5-10 minutes following the treatment before you get back into your car. The walk will help your body integrate the treatment you just received.

***REST**

Although you may feel greatly improved, your body remains in a vulnerable state for several hours to several days. Although your body has been restored to a higher level of functioning, it has not yet healed. This takes time. Some patients report feeling slightly fatigued after being treated, and it is best to avoid any strenuous activity, especially activities that may incorporate sudden jolting or jarring movements. Treat your body with respect, rest and let your body heal.

***DRINK WATER**

Drink plenty of water for one to two days following your treatment. As the tissues of your body relax and restrictions are released, trapped metabolites may be mobilized into your bloodstream. Increasing water consumption helps your body remove these metabolic waste products

***YOU MAY FEEL SORE**

Depending upon your particular problems, you may feel some soreness initially. This is a typical response and means your body is adjusting. These symptoms should resolve in 24 to 48 hours, if they do not resolve after 48 hours, please contact my office.

***AVOID OVER-TREATMENT**

Too much treatment in too short of an interval can be over-stimulating and counterproductive. Avoid physical therapy, acupuncture, and other types of physical treatments for a couple of days.

If you have any questions, please feel free to contact Dr Toder at (702) 384-8450.

For more information, please view any of the following web sites:

www.cranialacademy.com
www.academyofosteopathy.com

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