

Follow up care for Ashiatsu Oriental Bar Therapy®/Deepfeet Bar Therapy®

After receiving 60 minutes of this technique, your back muscles will be very supple and the chances of injury are greater. Please take the following precautions for the first 48 hours after receiving a massage.

SHOULD NOT

- ✓ Sit for long periods of time in a hard chair. Examples are: flying immediately after receiving AOBT/Deepfeet massage, sitting in a theatre or playing cards for any extended amount of time. We do not want you to compress your back for 24 hours.
- ✓ Lift heavy objects. Examples are: children over 35 pounds, cement bag, barbells. Do not perform any heavy yard work or housework. Be very careful of your work out at the gym within first 48 hours after a massage.
- ✓ Engage in any contact sports or those that involve twisting. Examples are: wrestling, horse back riding, snowmobiling, jet skiing or cardio-kick boxing. Any activity that twists your back muscles, like golf and baseball, could cause more inflammation within first 48 hours after a deep tissue massage. Play at your own risk. (You may also over-rotate and ruin your swing that day).
- ✓ Drink **heavy** alcohol within first 24 hours. You may experience a “lactic acid hangover” due to dehydration coupled with the deep compression work. It is better to hydrate and rest!

SHOULD

- ✓ Drink lots of water!
- ✓ Passive stretching (sit on edge of chair and hang forward. Try to touch elbows to floor. Gentle EASY stretching). Do not bounce!
- ✓ Wear back or neck support if your work requires rough activity daily.
- ✓ Treat yourself to hot sauna, steam room or hot tub.
- ✓ Apply **Prossage® Heat** or **Biofreeze®** on lower lumbar area. Find which heating or cooling product works best for your particular symptoms of pain.
- ✓ You can also lie on floor with legs up on chair or sofa.

Client Ashiatsu Oriental Bar Therapy® /Deepfeet Bar Therapy® Disclaimer

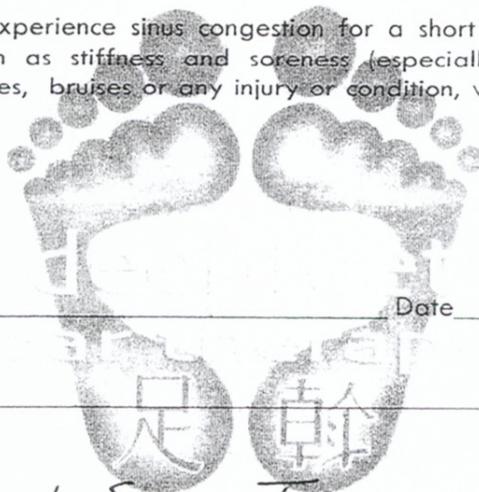
This letter is to express and explain that you are receiving a deep tissue technique.

Although some clients ask for deeper compression, I prefer to keep the compression at a therapeutic level that I feel comfortable with. Your comfort and safety are my number one concern!

Clients that are thick muscled and weigh at least 100 pounds more than the weight of the therapist are well suited for two-footed strokes. You are responsible for providing feedback if the pressure is too much or any stroke is uncomfortable.

If you request for more compression on a higher level than that of the therapeutic range I am delivering, I will not be held responsible for aggravating a condition that may already be present.

It is likely that you will experience sinus congestion for a short period. If you encounter other possible side effects such as stiffness and soreness (especially if you're dehydrated), skin irritations, marks, headaches, bruises or any injury or condition, we ask that you do not hold the company liable.



Guest Client Signature _____ Date _____

Massage Therapist

Bella Soul Spa, Inc.

Location Site