



J&P *Physio & Talking*
Therapy

Aftercare.

Post-treatment information and advice

Massage aftercare advice.

Please take a few minutes to read these notes following your treatment. This advice will help you to maximise the benefits from your session

It is normal to feel some or all of the following after your treatment:

- Tiredness/dizziness/headaches
- Increased perspiration
- Mild cold-like symptoms
- Increased pain or soreness in the area that has been worked on

Please remember that Sports Massage will:

- Increase circulation
- Speed up the removal of toxins and metabolic waste
- Assist your immune function

Therefore, after your treatment, for a period of 12 hours you should:

- Avoid strenuous exercise
- Increase the amount of water you drink
- Avoid excess alcohol

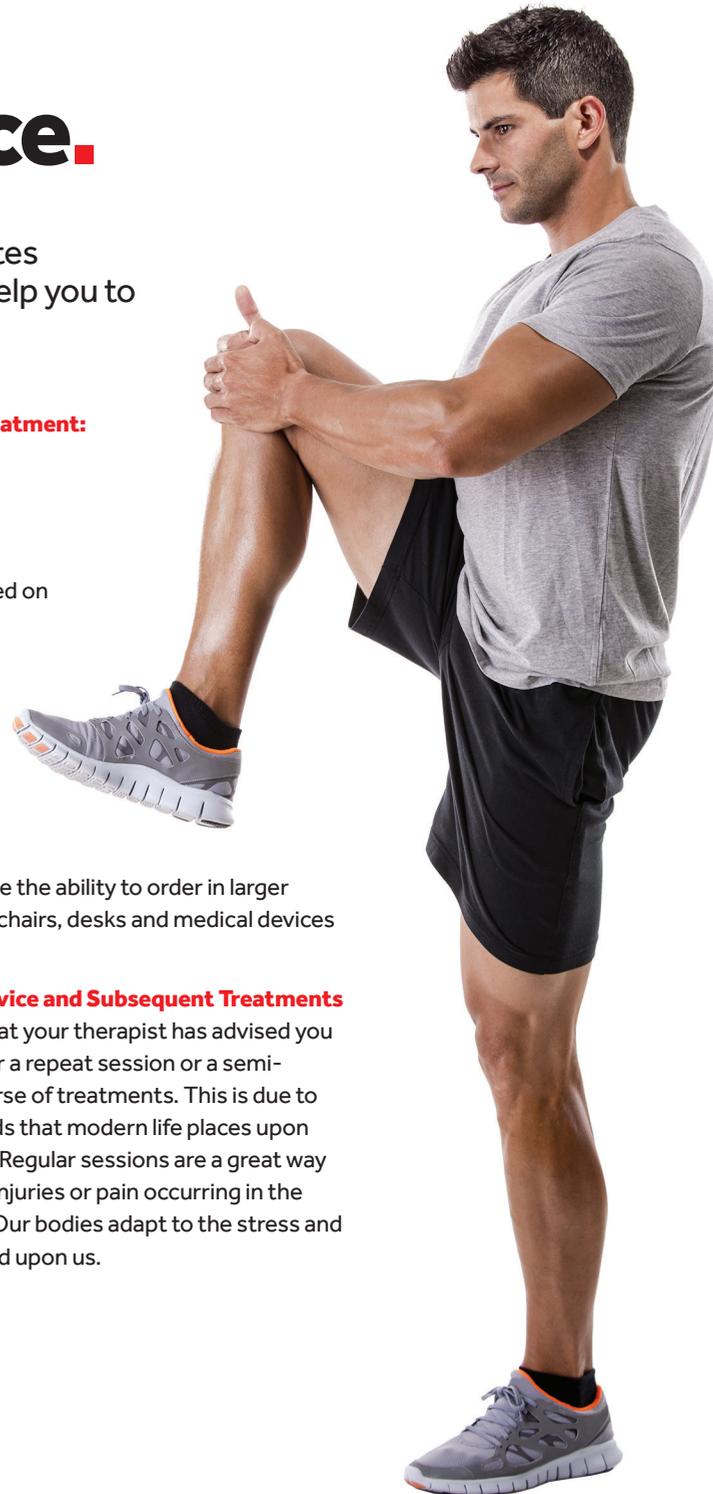
You may have been advised to use an item to speed up recovery or to improve the benefit of your treatment. We supply a range of these products available for you to purchase from our clinics, these include:

- Sports Taping and Strapping
- Therabands
- Heel Cushions
- Back Supports and Pillows

We also have the ability to order in larger ergonomic chairs, desks and medical devices

Further Advice and Subsequent Treatments

It is likely that your therapist has advised you to return for a repeat session or a semi-regular course of treatments. This is due to the demands that modern life places upon our bodies. Regular sessions are a great way to prevent injuries or pain occurring in the first place. Our bodies adapt to the stress and strain placed upon us.



Physiotherapy aftercare advice.

Today you have been seen by a physiotherapist from Joints & Points Healthcare. Although having physiotherapy is not always the most pleasant experience, we hope you found the session informative and professional.

Immediately after your treatment, you may experience any or all of the following:

- Soreness and tenderness around the region that has been examined and treated
- A worsening of your symptoms for up to forty eight hours
- Some redness or bruising around the treated area

You may also feel tired and if you've had treatment around your neck, you may feel a little nauseous.

All of these symptoms are very common and settle down after a day or so. If you are at all worried about anything after your treatment then please contact us.

What happens next

It's likely that your physiotherapist has booked you in for a further session of treatment. These sessions are more focused on treating you and the cause of your problem - and getting you better as soon as we can. We will use a mixture of manual therapy (pushing and stretching your joints), deep tissue massage, stretches and exercises. You may also be offered acupuncture treatment.

The exercise programme forms an important part of your recovery so please follow the instructions with care. Please ask your therapist if you would like the programme emailed to you - it will include videos and photographs of your exercises.

Finishing treatment

We will often finish treatment when you are nearly better. This is because we have done all we need to do and your body will continue with its recovery over time. This will be helped along by the exercise programme.

Screening: your results & advice.

We screen all of our clients who come into the clinics for their general well-being and current state of mind. This is an important aspect of how we work, as if you have been in pain, not slept well or have other worries and concerns it will directly affect your overall health and how well you recover.

Your clinician will provide you with a score after your first visit which will show how you compare to the general population. The scores are explained below. As these scores vary (particularly when you are in pain) we will make sure the treatment we provide to you is the most appropriate type. Sometimes we may advise you to seek extra help.

Scores range from 7 to 35 and can be used as a general indicator and measure of a person's mood and wellbeing at any given time. Use the colour coded key to see where your mood and wellbeing might be at this moment in time. Your Score might be influenced by a range of personal and environmental factors in your life at any given time.

7-16 | Low mood

This may suggest that you are worried about things in your life that are not fully in your control. You may be finding it difficult to get restful sleep. Chronic pain over time can also lead to low mood.

17-28 | Medium mood

This may suggest that you have a good life balance. You are able to take control of your personal affairs with a positive outlook. Taking time out for yourself will further enhance your health, wellbeing and general mood.

28-35 | High mood

This would suggest that you have a very positive outlook on life and you are able to balance and order your affairs. A high mood score also indicates that you are able to prioritise and organise your personal life.



Acupuncture aftercare advice.

Medical Acupuncture is one of the many skills employed by a physiotherapist as part of an integrated approach to the management of pain and inflammation.

Scientific research and clinical evidence have shown that Acupuncture can reduce pain by stimulating the brain and spinal cord to produce natural pain-relieving chemicals such as endorphins, melatonin (which promotes sleep) and serotonin (to promote well-being), to name but a few.

These chemicals assist the body's healing processes and offer pain relief. Acupuncture is safer than many drug treatments used. However, any procedure that involves inserting needles into the body and influencing hormones or body chemicals has some potential problems. Acupuncture has been known to produce some side effects in certain people.

Minor side effects may include:

- Drowsiness following treatment
- Fainting, feeling faint
- Bleeding/bruising at the needle site
- Temporary pain increase

Serious side effects (very rare):

- Damage to an internal organ
- Infection
- Injury to nerves
- Premature labour in pregnancy

Most of the minor side effects should pass within a short period of time. It is not advisable to drive during any episode of

faintness or drowsiness until you feel safe to do so. Should any of these side effects be long-lasting or severe then please contact your therapist for advice.

How many sessions will I have?

The overall number of treatment sessions required will depend on you, your condition and your physiotherapist's assessment. Most patients receive a course of 4-6 treatments although just one or two treatments may be enough. Sometimes 1 or 2 'top up' treatments are required. Treatments are normally given at 1-2 weekly intervals. It is generally clear after a few sessions whether or not acupuncture will benefit you and if the treatment should be continued.

How long until I see an improvement in my condition?

The effects of acupuncture treatments are cumulative: different people respond in different ways and at different rates. Some people may feel an immediate relief of their symptoms whilst others may only see a gradual improvement after a few treatments. Some people may find that their condition/symptoms flare up for up to 24 hours after the treatment but then see a marked improvement.

Although acupuncture can help reduce pain, particularly when other more conventional treatments have failed, it does not work for everyone.

Talking Therapy aftercare advice.

Therapy is not a quick fix solution, it is more a process; a process through which individuals can come to a greater understanding of themselves and their relationships.

For counselling to be effective, it requires commitment and a cooperative effort by both the client and the counsellor. It also requires a commitment to make sometimes-difficult changes in behaviour or thinking patterns.

Over time, you should become more aware of yourself and others – more aware of who you are and what is important to you, and more aware of your feelings and behaviours and their impact on yourself and others. You should also feel more comfortable in talking about yourself and your feelings.

Between Sessions

Allow yourself some time and space after each session to gather your thoughts together, if possible. Maybe have a short walk before driving home, so that your mind isn't on other things when you're driving.

Spend time between sessions reflecting on what was discussed in the previous session. If you are having counselling as a couple, spend time together reflecting on this.

Reflect on how you're feeling on a daily basis, this will help you to feel more comfortable talking about your feelings. You might find it useful to keep a journal for this purpose, but remember to keep it somewhere safe and private.

Take time before each session to consider your expectations for that session. This will help you to be able to focus on a particular issue earlier in the session, rather than it taking most of the session to pinpoint that issue, and then running out of time to explore it more.

Reaching the end of your sessions

You may experience mixed emotions about the end of your relationship with your therapist. That's fine, but it's even better if you find a way to express those feelings to your therapist before the last session.

The end of the psychotherapy relationship is a difficult phase of therapy. Perhaps the second most difficult one, next to actually making the decision to try out psychotherapy in the first place.



Give to others

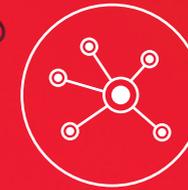
Even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.



Keep learning

Learning new skills can give you a sense of achievement and a new confidence.

So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix up your bike?



Connect

Connect with the people around you; your family, friends, colleagues and neighbours. Spend time developing these relationships.



Be Mindful

Be more aware of the present moment, including your feelings and thoughts, your body and the world around you. Some people call this awareness "mindfulness", and it can positively change the way you feel about life and how you approach challenges.



Be Active

You don't have to go to the gym. Take a walk, go cycling or play a game of football. Find the activity that you enjoy and make it a part of your life.

Evidence suggests there are five steps we can all take to improve our sense of self and mental wellbeing

Our Locations.

We have locations in Bromborough (head office), Ellesmere Port, Hoylake, Liverpool, and Wigan

We offer appointments 8am-9pm weekdays along with Saturday appointments. We don't have a waiting list and we will strive to see you within 48 hours.

Pricing and feedback

Physiotherapy session (40 minutes) - **£45**

Deep tissue massage (40 minutes) - **£30**

Talking Therapy (50 minutes) - **£50**

Strength & Conditioning (3 x 40 minutes) - **£100**

This space is for you to jot down any questions you may have forgotten to ask or things you would like to mention at your next appointment. Your feedback is very important to help us improve our services.



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