

# **HOME PROGRAM INSTRUCTIONS FOR PATIENT RECEIVING DEEP TISSUE MOBILIZATION**

**STRETCHING:** The stretches in which you have been instructed should be performed at least three times per day for 20 seconds each. Stretch to the point of a pull but not into pain. If you will be involved in an activity which stresses the injured area it is important to stretch before and after that activity. You may also find it helpful to stretch any time you note discomfort.

**HYDRATION:** Proper hydration will assist the body in flushing some of the toxins that will be released during treatment. It will also assist in providing the body with adequate fluids which helps prevent excessive scarring. The general guideline is 64 ounces of water per day.

**WHAT TO EXPECT:** You may be sore following treatment but it will probably be a different soreness than you have been experiencing. You may experience bruising following treatment. This is a normal response and should not alarm you. The bruise is actually a response to the controlled inflammation which will help to stimulate the healing process. Stretching and ice will help significantly with any soreness you are experiencing. Icing can be performed for 15-20 minutes at a time to relieve discomfort and minimize inflammation. Any type of commercial ice pack, baggie filled with ice cubes or bag of frozen peas or corn will work well. It is a good idea to place a damp washcloth between your skin and the cold pack to prevent any possibility of frostbite.

**Please feel free to contact your therapist if you have any concern about your care.**

**YOUR PARTICIPATION IS THE KEY OF RECOVERY.**

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