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## SUGGESTIONS FOLLOWING A ROLFING SESSION

### TO HELP PREVENT SORENESS:

1. Take ibuprofen or aspirin if health permits. Ibuprofen can raise your blood pressure so be careful.
2. Soak in an Epsom salt bath using several cups of salt to reduce muscle soreness. Epsom salt can dry out your skin, so use some lotion to moisturize.
3. Use an ice pack to reduce nerve inflammation. Wrap a paper towel or a cloth towel around the ice pack to prevent a cold burn on your skin.
4. Sombra Gel is a great pain-relieving gel that is excellent for reducing muscle soreness, discomfort and pain.

### ADDITIONAL COMMENTS:

1. Drink lots of water after a Rolfing session. This helps to eliminate toxins that cause sluggishness and flu-like symptoms.
2. Wait twenty-four hours before working out; this allows the body to absorb the Rolfing session and continue to make positive changes.
2. After a Rolfing session some people have experienced old feelings from past traumas. This is not unusual after being Rolfed. Just know that these feelings will pass. Many people do not have this experience.

### STRETCHING

1. Stretch to warm up your muscles. [Stretching By Bob Anderson](#) offers a routine that takes about twelve minutes to stretch your entire body. He calls them, "The Every Day Stretches".
2. A great way to stretch your shoulders and back. Refer to 3A & 3B, below. Take a towel, hold each end in front of you and roll it up completely, then attach a rubber band to each end of the towel. The towel-roll needs to be long enough that you can wrap it all the way your body at the hip and touch your hands together. If this feels "too easy", bring your hands closer together when you do the stretch.
- 3A. Rotator Cuff Stretches: Take the towel and hold it behind your back. Slowly raise it up from waist level towards your head. When you reach a stiff or sore place, stop and hold the towel there for 6 or 7 seconds, then continue up until you have raised it above your head. Next, do the same exercise, starting from above your head and lowering back down to your waist.

3B. Stretching your Back: Take the same towel and place it on the floor horizontally. Lay with your back on the towel under any area where you feel discomfort or constriction. 5 minutes of this will help to break it up.

4. Another Back Stretch: Lay on the floor on your back, legs resting on a soft chair, knees bent 90 degrees and a pillow under your head. With your arms to your side and with your palms up, rest for ten minutes. This will allow gravity to pull things back into place.

5. "Bird-dog Stretch for the Psoas (here, for the Right Psoas): on your hands and knees, first reach out your Left Arm, parallel to the floor; establish a pull and connection from your abdomen out through to the fingertips; next, reach back with your Right Leg and establish a pull extending from the toes of the Right Foot all the way through your abdomen to the Left Fingertips. Remember to not strain in the shoulders to do this! To stretch the Left Psoas, use the Right hand and Left Leg. It is recommended to do both sides, doing extra work with the tighter psoas.

6. If you having any questions regarding your sessions please call 405 942 5100 and we will be glad to help you.