

## **Do's and Don'ts after Osteopathic Manipulative Treatment**

- ◆ *Do* walk 20 minutes before getting into a car for more than a ½ hour drive.
- ◆ *Do* rest at home – nap *if possible* immediately after treatment.
- ◆ *Do* drink lots of water.
- ◆ *Don't* lift more than 20 pounds after a treatment for 24-48 hours.
- ◆ *Don't* jog or run for 24-48 hours after a treatment (swimming and walking are best).
- ◆ *Don't* have your hair washed at a beauty salon immediately after a treatment. Resting your neck on the sink could cause a headache.
- ◆ *Don't* go to a dental appointment after a treatment. Wait at least 24 hours. This could also cause a headache.
- ◆ *Don't* do head stands (ever) in yoga.
- ◆ *Don't* use a hard cylindrical roller on your back.