



# Tiger Lily Studios

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## "A Few Suggestions from Dr. Fritz Regarding Post-Session Self Care"

Many of you have met our wonderful officemate, Dr. Vanessa Fritz, ND, LAc, of Austin Natural Family Medicine, when you've come in for your appointments. Dr. Fritz has assembled a short list of suggestions for what you can do after your massage and / or cold laser sessions in order to maximize the benefits of your sessions.

### A Word From The Doctor On Post- Massage And Cold Laser Therapy Care Instructions:

After both massage and cold laser therapy, it is possible that you feel muscle soreness for a few hours. The following are a few tips to prevent or help minimize this soreness.

- **DRINK PLENTY OF WATER.** A general rule of thumb is to drink half your weight in ounces on a daily basis (barring any heart or kidney condition or any other health problem where your doctor has limited your water intake). For example, if you weigh 120 pounds, you would need to drink 60 oz of water per day. On the day you receive a treatment, it is advisable to drink **AT LEAST** this much water. For every caffeinated or alcoholic drink, you should drink an extra 8 oz of water.
- **TAKE AN EPSOM SALT BATH.** Epsom salts contain magnesium, which is a mineral that helps relax muscles and dilate blood vessels to allow for increased blood flow. At minimum, 2 cups of Epsom salts should be placed in the bath water. Soak for at least 15 minutes.
- **ALTERNATE HOT AND COLD.** Unless you have an acute injury, alternating hot and cold on the affected area (knee, ankle, etc.) is an excellent way to increase circulation to that area. Apply wet heat by either using a towel soaked in hot water or by submerging the affected body part in a bucket of hot water for 3 minutes, then alternate with cold for 30 seconds. Repeat for a minimum of 3 rounds. Electric heating pads are not recommended.
- **TAKE MAGNESIUM.** Magnesium is a mineral that can also be taken internally to help relax muscles, especially when there are muscle spasms or cramps. A typical dose of magnesium for these purposes is between 150-300mg, to bowel tolerance. Magnesium may cause loose stools in some people; the exact dose at which this occurs depends on the person. Most minerals are harder for the body to absorb so it is better to take it in a liquid or capsule form instead of tablets.
- **STRETCH.** Don't forget the stretching exercises recommended by your practitioner!

Thanks to Dr. Fritz for these post-session suggestions. Please don't hesitate to contact her with any questions regarding Naturopathic Medicine, Nutritional Counseling, Acupuncture, Herbal Remedies, Homeopathy, or a variety of other natural health solutions.

[www.austinnaturalfamilymedicine.com](http://www.austinnaturalfamilymedicine.com)

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And, as always, to schedule your massage, book online at:  
[www.tigerlilystudios.com](http://www.tigerlilystudios.com)

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