

Riktr PRO Massage Client Self Care Health Suggestions:

1. **Ball Rolling** – (Softest to Hardest) - Tennis Ball, Lacrosse Ball, Golf Ball (for feet) Baseball, Softball –you can buy these used -don't waste your money on an expensive Trigger Point Balls – if you need to, do a search on YouTube.
2. **Spinal Decompression** – buy a 4” x 12” small foam roller ... @ Amazon, Big 5 – lie down on your back -place the foam roller on your scapula, perpendicular, and stretch out your arm behind you and let your body sink into the foam roller and roll slowly.
3. Get a good **Back-Brace** if you have a low back pain or sciatica, use a reusable ice pack placed underneath, you can also use a topical lotion, like icy hot, tiger balm, CBD or CBD w/ THC or bio freeze.
4. Start a **Foundation** program by **Eric Goodman** to take care of your back – find his books and he is on YouTube.
5. Read “**The Divided Mind**” by **John E. Sarno**, M.D. or any of his other books about his thoughts on the psychosomatic connection of the body.
6. Use the **3 Pillow method**, under head, under armpit and between the knees or a full **Body Pillow**.



7. Start a **Stretching Program** of your choice or a **Yoga** program. Find a good instructor that you like.
8. Eat a **healthy diet** – or find a nutrition consultant. Exercise regularly.
9. To relax the body – go jump in the Ocean, Jacuzzi, Steam Room, Sauna or start a self meditation program.

***Disclaimer:** This information is not intended to be a substitute for professional medical advice. You should not use this information to diagnose or treat a health problem or disease without consulting with a qualified healthcare provider.

Please consult your healthcare provider with any questions or concerns you may have regarding your condition.

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