

# Riktr Artistic PRO Massage Client Self Care Health Suggestions:

by Nicola, LMT Updated -09-01-2023

**1. Ball Rolling** – (Softest Pressure to Hardest) - Tennis Ball, Lacrosse Ball, Golf Ball (for feet), Marbles, Baseball, Softball –you can buy these used -don't waste your money on an expensive Trigger Point Balls – if you need instruction do a search on YouTube.



## 1a. Foot Rollers



**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 arms 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 the brace. 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 on Amazon and he is on YouTube also.

**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. I took a nutrition class and here's all the information.

<https://santabarbaradeeptissue.com/index.php/2020/09/20/nutrition-information/>

9. To **Relax the Body** – go jump in the Ocean, Jacuzzi, Steam Room, Sauna, start a self meditation program or go on a hike.

**10. Scrapping Tool - Guasha Massage Tool -Something like this on Amazon**



**11. Massage Stick, Muscle Relaxation Roller Massager, Physical Therapy, Myofascial Trigger and Back Pain - Something like this on Amazon**



**12. Trigger Point Self Massager, Back and Neck Trigger Point Massage Muscle Release Tool Self Massage Hook Cane - Something like this on Amazon**



**13. Dual Channel TENS Unit 6 Modes Electronic Pulse Massager with 12 Electrode Pads, EMS Muscle Stimulator Therapy for Lower, Shoulder, Arm, Back, Leg, Foot and Arthritis Pain. Something like this on Amazon**



**14.** Listen to the **Huberman Lab Pod Cast**, also on YouTube and Spotify

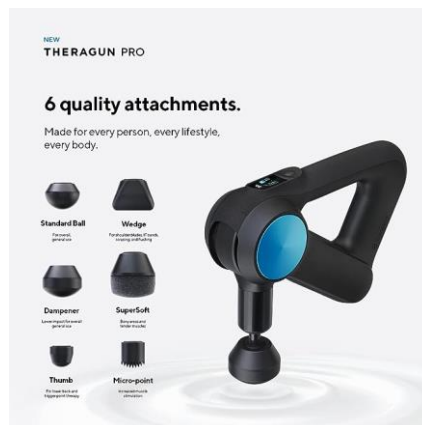
**15.** Visit my **BLOG** - lot's of great information.

<https://santabarbaradeeptissue.com/index.php/blog-for-massage-bodywork/>

**16.** Get a **Vibrating Foam Roller**, Deep Tissue Trigger Point Massage Roller, Electric Fitness Foam Roller for Muscle Recovery, Back Pain, Mobility and Pliability Training, Rechargeable, 12.8 x 5 x 5 inches. **Something like this on Amazon**



**17. TheraGun Pro Handheld Deep Tissue Massage Gun - Bluetooth Enabled Percussion Massage Gun & Personal Massager for Pain Relief & Circulation in Neck, Back, Leg, Shoulder and Body (Black - 5th Gen) - Something like this on Amazon**



## More Recommended Reading

18. **David R Hawkins** –“My favorite” - all his books and audio tapes on mindfulness and enlightenment
19. **Elaine N. Aron, PhD** **The Highly Sensitive Person: How to Thrive When the World Overwhelms You**  
**The Highly Sensitive Person in Love: Understanding and Managing Relationships When the World Overwhelms You**
20. **Paramahansa Yogananda -Autobiography of a Yogi**
21. **Living Presence – A Sufi way to Mindfulness – Kabir Edmund Helminski**
22. **Eckart Tolle -all his books like “The Power of Now”**
23. **Daniel G. Amen – all his books like – “Magnificent Mind at any age”**
24. **Dr. Wayne W. Dyer – all his books like – “Excuses Begone”**
25. **Clair Davies -The Trigger Point Therapy Workbook -Your Self Treatment Guide for Pain Relief**
26. **more coming**

**\*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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