



#32 – 20 Douglas Woods Dr SE
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Patient Directives

1. Should you experience an increase in pain subsequent to any treatment, utilize ice on the area of involvement and pain medication as required.
2. Notify clinic staff on your next visit that an increase of pain has occurred. The existence of this phenomenon is due to a high sensitivity tissue response and protocols will be adjusted accordingly on your next visit.
3. Usually treatments are scheduled three times per week or more frequently in acute cases, at least initially. Subsequent treatments are scheduled in accordance with the patient's status.
4. The majority of patients will not notice any changes with regard to their symptoms until treatment session three or four. There are however exceptions to this rule. If at any time you have questions regarding your progress, bring these to the attention of Laser Technician
5. With regard to the number of treatment sessions, these may vary from 1 to 30. Acute injuries generally respond more rapidly than chronic problems and each individual's tissue response varies.

It is important to be aware that before treatment is initiated that the exact number of treatments cannot be predicted. In most cases we expect to see some change in symptomatology after 3-5 visits however in a small percentage a more prolonged period of treatment may be required. This is particularly true in longstanding back problems, frequently accompanied by spinal or foraminal stenosis. In these situations there is encroachment on the spinal cord or the nerve roots as they exit the spinal canal. Almost without exception we are able to relieve those symptoms; however patience and time are often required. Please do not forget that our objective is to minimize the length of treatment and the number of visits. However, on occasion even our best efforts require multiple treatments, patience and time.

6. We recommend massage therapy or osteopathy as a complementary therapy. In most instances when performed in the early phase of treatment this process breaks down adhesions, increases muscle mobility and increases lymphatic and arterial circulation. It is considered a complementary process to laser therapy that can speed up the healing process.