



# Hurley/Osborn Practitioners Association

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

## Post-Treatment Exercise

Lie on the floor with your legs on a chair for 30 minutes

- Following treatment
- In the evening before sleeping.
- During the day if your back is uncomfortable.

Lying on the floor with your hips and knees at 90 degrees will release tension that builds up in the lower back. Practicing this exercise daily can help prevent back pain from developing. The time between treatments may be extended when this exercise is done immediately following treatment and once a day between treatments.

- You may experience backache or a slight headache up to three days following treatment. If the discomfort persists please contact us.
- During the three days following treatment, it is best to avoid the following types of activities: carrying heavy groceries or a child in a backpack; strenuous sexual activities; prolonged, intense stretching, and standing for long periods of time. The body, like a small tree that's been weighted down by the winter snow, will straighten up once the melting snow releases it in the spring. This is metaphor that describes how our bodies will naturally straighten when strain is removed.
- Drinking plenty of pure water, eating organic foods, taking Epsom salt baths and doing the Post-Treatment exercise will help your body to heal.
- Chiropractic treatments, and some forms of massage, are not recommended during our series of treatments.

### Remember to rest!

*"There is no cure outside your body. The cure is the power of regeneration which occurs on rest. Rest is physiological rest, without the presence of strain. This treatment removes strain and distortion and thereby promotes relaxation and rest, enabling the body to carry out its process of regeneration."*

- Dr. Russell Osborn,  
Founding member who lived to the age of 97.

