

FLOTATION THERAPY FOR: CHRONIC PAIN



A NATURAL TREATMENT FOR:

Stress-Related Muscle Tension Pain,
Post-Concussion Syndrome*, Tension
Headaches, Fibromyalgia, Pregnancy Cramps

The most recent research supports the use of flotation therapy to help treat:

- **STRESS-RELATED MUSCLE TENSION**
- **TENSION HEADACHES**
- **PREMENSTRUAL SYNDROME**
- **FIBROMYALGIA**
- **RHEUMATOID ARTHRITIS**
- **PREGNANCY RELATED PAIN**

“It was concluded that flotation tank therapy is an effective method for the treatment of stress-related pain.”

Sven Å Bood et al., Eliciting the Relaxation Response with the Help of Flotation-REST in Patients with Stress-Related Ailments. International Journal of Stress Management, 2006, Vol. 13, No. 2,154-175.



WHAT IS FLOTATION THERAPY?

Flotation Therapy has come back into the awareness of health professionals since 2013 as an effective Complimentary Alternative Medicine towards a variety of common mental health ailments for our modern lives and lifestyles.

The therapy uses the unique environment of a flotation tank/pod/room to create a space of maximally reduced external sensory input. The goal is minimal light, sound, tactile, gravity, temperature variations and a neutral smell which has a reliable reaction to the human central nervous system and mental state.

HOW DOES A FLOAT TANK WORK?

The tank is a large, spacious enclosed tub that is easily accessible and allows the user to enter and exit as they please. The tank holds 10" of water which is super-saturated with 1000 lbs. of Epsom salts. The user will lie down in the water face-up and will float effortlessly due to the density of the Epsom Salt – Water solution. The end result is a warm, dark, quiet, womb-like floating experience that last for 60-90 minutes producing a uniquely potent calming of the central nervous system.



AN ALTERNATIVE APPROACH

Flotation Therapy is simply an effective environment to naturally and efficiently calm the central nervous system by a very strong parasympathetic activation. Floating has no contraindications and can be used in supplement to any other pain management regime.

*Post-Concussion Syndrome has yet to be formally research, however, much of the symptomology overlaps with existing research and we've seen a significant amount of anecdotes of patients stating floating was one of the only treatments that has brought them true relief from the symptoms.

WORKING WITH YOURSELF AND THE ENVIRONMENT

Trying anything new can be intimidating, here are some things to remember when practicing flotation therapy:

- You're always in control, your session ends when you need it to.
- Be compassionate with yourself, there's no right or wrong way to do it. Work at your own pace.
- If it's challenging for you to be in silence, start with 20 minutes of ambient welcoming music that fades into silence.
- Use simple relaxation techniques such as calm, slow, attentive belly breaths.
- Practice opening and closing the door a few times to gain confidence & trust within the space.
- Let yourself have this time for this therapy. Our minds can be resistant to allowing ourselves this sort of personal intimate space.
- Try it more than once, the first float has a lot of firsts and it can take up to 3 floats done within a 4-6 week period to connect with the therapy.
- Avoid "heavy" meals and/or caffeine before a flotation session.
- Try floating at various times of the day to see what works best for your needs.

HOW LONG IS A FLOAT?

A 60-90 minute treatment should be completed for optimal results. A minimum of 60 minutes gives the user time to "work" with the environment if they are struggling mentally or physically to settle into the experience at first^{1,2}.

HOW OFTEN SHOULD I FLOAT?

A minimum of 12 sessions executed on a weekly basis will show positive benefits. Depending on the severity of one's ailment a more intense protocol could be conducted without contraindications^{1,2}.

FREQUENCY RECOMMENDATIONS:

Moderate Intensity:

Week 1-4 – 2x / week

Week 5-8 – 1x / week

High Intensity:

Week 1 & 2 – 3x / week

Week 3 & 4 – 2x / week

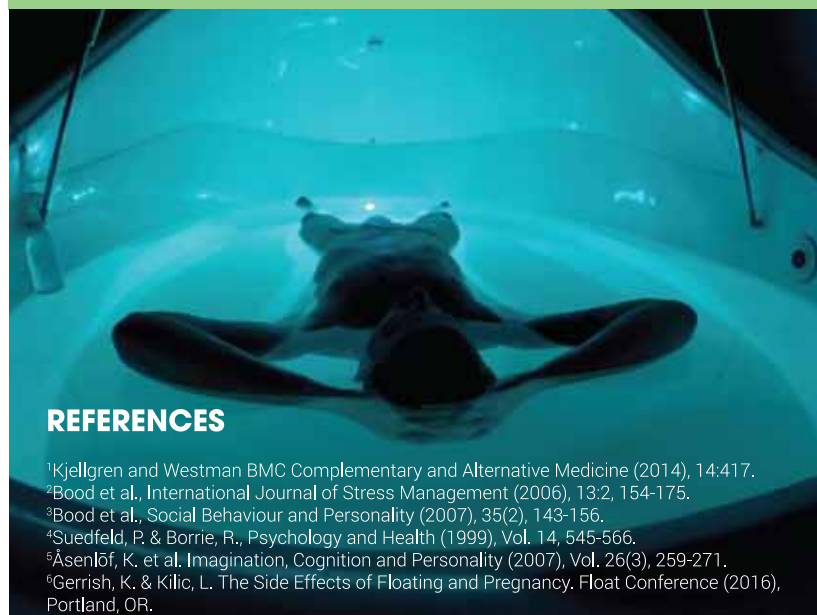
Week 5 & 6 – 1x / week

Low Intensity:

Week 1-12 – 1x / week

*Frequency/Intensity can vary depending on users severity of condition(s)

*Any week can be repeated if the user feels they should.



REFERENCES

¹Kjellgren and Westman BMC Complementary and Alternative Medicine (2014), 14:417.

²Bood et al., International Journal of Stress Management (2006), 13:2, 154-175.

³Bood et al., Social Behaviour and Personality (2007), 35(2), 143-156.

⁴Suedfeld, P. & Borrie, R., Psychology and Health (1999), Vol. 14, 545-566.

⁵Åsenlöf, K. et al. Imagination, Cognition and Personality (2007), Vol. 26(3), 259-271.

⁶Gerrish, K. & Kilic, L. The Side Effects of Floating and Pregnancy. Float Conference (2016), Portland, OR.