



Victoria Park Osteopaths

T: 020 8985 2004

E: mail@victoriaparkosteopaths.co.uk

W: www.victoriaparkosteopaths.co.uk

Perrin Home Guide

This guide is designed to support you during the period between your Perrin Technique appointments. It has three sections: what to expect after a session, gentle things you can do at home, and supplements that may help. It is not a substitute for the advice your practitioner gives you in person — if anything here doesn't suit you, please bring it up at your next appointment.

What to expect after a session

After a Perrin Technique session, it's normal to feel different in your body — sometimes calmer and lighter, sometimes more tired or with a temporary flare in your usual symptoms. Both kinds of response are part of how a sensitive nervous system adjusts to gentle change.

What you might notice

- Tiredness or fatigue, sometimes deeper than usual, lasting a day or two
- A temporary increase in your usual symptoms — pain, soreness, brain fog, or general malaise
- Mild nausea or a sense of feeling generally "off"
- Disrupted sleep, or unusually deep sleep
- Emotional shifts — feeling tearful, irritable, or unexpectedly calm

Why this happens

In ME/CFS, fibromyalgia and long COVID, the nervous system is often working at the edge of its tolerance. Even very gentle input — touch, movement, or change of any kind — can register as something to adjust to. A short flare in symptoms after treatment is your body responding to that adjustment, not a sign that anything is wrong or that the treatment is causing harm.

How to support yourself

- Rest after your session and try not to plan demanding activities for that day or the next
- Stay hydrated and eat regularly
- Use the gentle home routines in the next section if you find them helpful
- Avoid pushing through fatigue — pacing matters more than effort
- Be patient with yourself; responses vary widely between people and between sessions

When to contact us

Please get in touch if symptoms feel much worse than expected and don't begin to settle within a few days, if you develop any new symptoms that concern you, or if you have any questions about how you're responding to treatment. Your feedback also helps us adjust the pace and depth of your care.

Gentle things you can do at home

The routines below are gentle ways to support your nervous system, ease muscle tension, and stay mobile between appointments. They are not a treatment in themselves — think of them as a way to help your body settle and to keep moving within your energy limits.

A few principles to hold in mind:

- Keep everything light. If a movement or massage feels effortful, it's too much.
- Less is more. A short routine done well is better than a long one that leaves you depleted.
- Stop if symptoms flare — this applies to all of the techniques below.

Evening relaxation routine (once daily)

Done lying down or seated comfortably, ideally before sleep.

- **Facial and nasal touch (1–2 minutes)** — Place your fingertips lightly alongside your nose and mid-face. Use very light pressure or gentle upward and downward strokes.
- **Gentle face stroking (20–30 seconds)** — With relaxed hands, stroke softly outwards in three directions — forehead toward ears, cheeks toward ears, chin toward ears.
- **Neck stroking (20–30 seconds each side)** — Stroke gently down the sides of your neck toward your collarbone, using minimal pressure.
- **Upper body massage (1–2 minutes)** — With light pressure, stroke gently across your upper chest, shoulders and upper back. Oil is optional. The aim is comfort, not technique.

Gentle movement routine (once daily)

Movement should feel easy and rhythmic, not exercise-like. Even small amounts of effort can sometimes lead to delayed symptom flares, so start very small.

- **Seated trunk rotation** — Sit upright and slowly rotate your upper body left and right. Keep it small — your nose shouldn't move past your knees. Three to five gentle rotations each direction.
- **Supported rotation** — The same movement with arms crossed over the chest. Three to five rotations each direction.
- **Shoulder rolls** — If tolerated, five slow rolls forward and five slow rolls backward.
- **Gentle marching with arm swing** — Standing or seated. March slowly in place, lifting one knee at a time, letting the opposite arm swing naturally. Start with 10–20 seconds only, and rest as needed.

Temperature therapy (optional)

A warm compress followed by a cool one over the shoulders or back can help with muscle relaxation and short-term pain relief. Keep temperatures mild — avoid extremes — and stop if symptoms worsen. For fibromyalgia, gentle warmth tends to be more comfortable than cooling.

Some people find these routines help with relaxation, sleep, or muscle tension over time. Others notice no clear benefit, and a small number become more sensitive. Response is highly individual. If any element doesn't suit you, leave it out and let us know at your next appointment.

Supplements

Supplements can play a supporting role in managing the symptoms of ME/CFS, fibromyalgia and long COVID, but they are not a treatment in themselves. We take a targeted, evidence-led approach — focusing on a few that have reasonable support — rather than recommending broad combinations.

Always discuss any new supplement with your GP before starting, particularly if you take regular medication. Some supplements interact with prescribed drugs or are not suitable for certain conditions.

Supplements we may recommend

- **CoQ10 (ubiquinol)** — There is small but consistent evidence that CoQ10 can help with fatigue in ME/CFS and fibromyalgia. It supports cellular energy production. We'll discuss what dose may be appropriate for you.
- **Magnesium** — Some evidence supports magnesium for fibromyalgia symptoms, and many people find it helps with sleep and muscle tension. Various forms are available; magnesium glycinate is often well-tolerated.
- **Vitamin D** — Vitamin D deficiency is common in the UK and in those with chronic conditions. A blood test through your GP can confirm your levels. We recommend correcting any deficiency rather than routine supplementation.
- **Omega-3 (EPA/DHA)** — Anti-inflammatory effects are well established, though specific benefits in ME/CFS and fibromyalgia are less clear. Many people choose to take omega-3 as part of general health support.

Supplements with less robust evidence

Curcumin, ginkgo, vitamin B12 (unless you are deficient), valerian for sleep, and St John's Wort for low mood all have some supporting evidence, but specific benefit for these conditions is less established. St John's Wort in particular has important interactions with many medications — always check with your GP before taking it.

Supplements we don't recommend

Some supplements — including chlorella and spirulina (often marketed for "detoxification"), milk thistle for general use, and broad immune supplement combinations — don't have evidence of benefit for ME/CFS, fibromyalgia or long COVID. We prefer to focus your time and budget on what has the best chance of helping.

If you have questions about any specific supplement, please ask at your next appointment.