

PROPER CARE FOLLOWING AN ADJUSTMENT

The adjustment you have received will cause changes in the nervous, blood-vascular, muscular, and ligamentous systems of your body. Due to these changes you should take extreme care in the next 72 hours to allow your body to adapt to its new position.

1. Avoid looking up, as in reaching above the head. Raise the eyes rather than the head.
2. Avoid sudden movements of the body and neck.
3. Avoid extreme twisting of the neck. Turn the body rather than the neck.
4. Do not prop the telephone on your shoulder and hold it with your chin.
5. Do not carry purses, luggage, or packs with strap over shoulder.
6. Do not go to have your hair washed soon after an adjustment.
7. Do not engage in any strenuous sports or strenuous exercises.
8. Avoid fatigue, get sufficient rest.
9. Avoid emotional stress and upsets.
10. Do not "pop" neck or pull on head, or allow someone to massage your neck.
11. Do not drop into chairs, sit down gently.
12. Sit upright in chairs; do not sit on the lower back (Sacrum). Do not sit in chairs that place pressure against the back of the head, forcing it forward.
13. Do not cross legs, sit in twist or on soft chairs.
14. When lying down, do not use the head to lift or turn the body to another position.
15. Sleep on your back or sides – Never on stomach.
16. Do not sleep while sitting in chairs or automobiles.
17. Sleep with arms down. Do not raise or elevate them under head or neck.
18. Take care getting in and out of automobiles.
19. Have a spinal checkup following any fall, automobile accidents, or any injury.
20. Check with your chiropractor if you have a cold or flu, or any health problems, as good health depends on normal nerve function.

NOTE: While these things may seem simple, it is important to remember that every time you create a subluxation you cause an injury to your nervous system, the most serious interference to the function of the human body.

Some patients experience uncomfortable reactions to their first adjustments. Generally these reactions are mild, but for some are more severe. This is normal and you need not worry, but tell the doctor. These changes are primarily due to the improved performance and sensitivity of your nervous system which affects muscles, ligaments, joints, and spinal discs and result in improvement of body function.

It is important to remember that your body is the healer and we as chiropractors are simply allowing healing to take place by restoring normal nerve supply. But to maintain health, care should always be taken with respect to the above mentioned guidelines and periodic chiropractic checkups should be made to ensure continued health and well being.