

AFTER YOUR SPINAL ADJUSTMENT

1. The adjusted areas may feel sore after the first few corrections as your body adapts to the changes. If this happens, apply ice to the area rather than heat.
2. Avoid rubbing or poking the area which has been adjusted.
3. Avoid sudden twisting movements of the spine.
4. Do not stretch or bend beyond your normal limits. Pay special attention when performing overhead work, drying/shampooing your hair or any activity which requires holding an awkward posture for an extended period of time.
5. When you go to sleep do not sleep in a chair, on the couch or at your desk! Sleep on a firm mattress with one pillow and avoid lying on your stomach.
6. Avoid watching TV in bed with your neck propped up on pillows at a sharp angle.
7. At work, be sure that your chair and work station allow you to maintain good posture. Sit tall and straight with eyes straight ahead and shoulders relaxed. Get up and move around as much as possible to stretch out your legs, back and shoulders.
8. If you are lifting, bend at the knees, keep your back straight, hold the object close to your body, let your legs do the work.
9. Maintain good posture at all times. Think TALL!

If you have any questions, be sure to ask.

We are here to help you feel better!