



### Give it Time

How long does an adjustment take to have full effect? It is a question that has been on every quiz we have done in the office. It takes 24-48 hours for an adjustment to take full effect.



When patients first begin their chiropractic journey it is easy to only see the chiropractic adjustment as immediate. The vertebrae moved, I heard

some sort of noise, so that is how long it takes to make a difference. The deeper side of the adjustment is what happens after the visit.

After the adjustment the nerve interference is taken away and nerve pathways begin to communicate. This allows for the brain and nervous system to communicate more effectively and adapt to the environment. This process can take up to 48 hours, which is why I usually suggest having a day in between adjustments. Then we know how much effect has taken place. Therefore, as vertebral alignment and motion improve, we can make lasting effects together.

Then there is the long game, which begins after the spine and nervous system have been rehabilitated to a higher level of functioning. This is when I say, "Chiropractic is like a good wine, it gets better with time." Now make no mistake I don't like wine, but the analogy rings

true. During the long game is where chiropractic really thrives and builds up resistance to daily stress. It is also the easiest time to say, "do I really need this?" My original problems are gone, and things have been great, so some people take this for granted and let things drift back to before.



The long game is the amazing part of Chiropractic, and it's what it was originally designed to do. Keep the nervous system running well! Yes, it works when you're in crisis also, but over time the ability to communicate and adapt keeps improving. Just give it time and watch it work!

This month's recipient of our giving back campaign is  
The Omaha Running Club  
which is a favorite of Jill B.

During the month of July all new patients will receive a full exam  
and any x-rays needed for \$55. All the proceeds will be donated to  
The Omaha Running Club. Please help spread the word so we can  
raise as much as possible.

Government funded insurance carriers not included.



Serves Omaha-area runners, joggers and walkers

Promotes running for a healthy lifestyle

Hosts the Heartland Marathon and other races and fun runs of varying distances

Supports other area running events through finish line services and race timing services

Gives back through the Keep Omaha Beautiful trail clean-up program

Omaha Running Club is a proud member of the Road Runners Club of America



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