

Eaton CHIROPRACTIC

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Suggestions to Follow During Spinal Correction

- * Avoid rubbing, probing or poking in the area your doctor adjusts.
- * Avoid sudden twists, turns or movement beyond your normal limits of motion, especially in your neck.
- * Avoid extreme bending of your spine in any direction; avoid stretching, reaching or overhead work. Be careful brushing and shampooing.
- * Avoid bending or stooping sharply to pick up objects. Bend at your knees to minimize the strain on your lower back.
- * When lifting, keep your back straight; bend your knees and let your legs bear the strain. Hold the object close to your body.
- * When bathing, sit rather than recline in the tub. Lying back against the tub may cause a vertebra to slip out of its normal position. If you are tired and wish to relax, it is better to lie in bed.
- * Participate in simple exercises to strengthen you body, but avoid jarring activities, which place stress on your neck and spine.
- * Watch your posture at all times; stand tall, sit tall, sleep tall, THINK tall!

Rest, Relaxation and Sleep

- * Set aside a special time each day for complete mental and physical relaxation. This is important in the restoration as well as maintenance of normal health.
- * When sitting, choose a chair that has adequate firmness to hold your weight comfortably and then sit straight. Avoid too soft, overstuffed chairs. Recliners are acceptable if they are constructed so that when you are reclining your back is in a normal straight position.
- * Cross you legs only at the ankles, not at the knees. Crossing your legs at the knees could aggravate an existing back condition as well as interfere with the circulation to the lower limbs.
- * Be sure to get plenty of sleep to allow your body to recuperate and repair.
- * Sleep on a firm mattress, preferably one that is neither too hard nor too soft, but just firm enough to hold you body level while at the same time soft enough so that your shoulders, buttocks, etc. will depress into the mattress.
- * Sleep on your back or on your side with your legs flexed slightly, not drawn up tightly. Avoid sleeping on your stomach. Raise your head off the pillow when changing positions.
- * Rise from your bed by turning on your side and swinging your legs off the bed, then push yourself into a sitting position with your arms, thus minimizing the amount of strain on your back.
- * Do not read or watch TV in bed, particularly with your head propped at a sharp angle.
- * Do not sleep sitting in a chair or in cramped quarters. Lie down in bed when it is time to sleep.

HOME CARE RECOMMENDATIONS FOR LOW BACK PAIN

- * Do not sit. This is the worst thing you can do. Stand, walk or lie down. Either lie on your back, with a pillow under you knees or lie down on your side. Do NOT lie on your stomach.
- * Apply ICE to the area for the next 48 hours. Twenty minutes on and twenty minutes off. NO HEATING PADS.
- * Do not bend at the waist, do not lift anything, and do not do any twisting movements even while dressing.
- * When you get out of bed, turn to the pain free side, push yourself up to the sitting position, put you feet on the floor, hands on your thighs and stand slowly. When lying down, sitting or standing tighten you stomach and buttock muscles until you are in the position you desire.
- * Sleep on a good firm mattress.
- * Do not cross your legs.

HOME CARE RECOMMENDATIONS FOR NECK AND SHOULDER PAIN

- * Do not lift or strain your neck or upper back in any way.
- * Do not carry a shoulder bag.
- * Do not read or watch TV in bed.
- * Sleep on your back with a pillow underneath your knees. Avoid lying on your stomach or side. USE A CERVICAL PILLOW.
- * Apply ICE to the area for the next 48 hours. Twenty minutes on and twenty minutes off. NO HEATING PADS.

GENERAL RULES AFTER PAIN IS RELIEVED

- * When your pain is relieved, follow the exercise program that has been recommended for you.
- * When driving make sure that your knees are slightly bent. Use a back support. When getting out of the car, keep your back straight.
- * Pain is the first thing to go away. You still have weakness. DO NOT OVER DO IT!!!!

IMPORTANT: IF YOU SHOULD RE-INJURE YOURSELF

- * Lie down IMMEDIATELY
- * Apply ICE (NOT HEAT)
- * Call your Chiropractor
- * Remain calm and maintain a positive outlook.

*****KEEP YOUR APPOINTMENTS AT THE OFFICE*****