

INSTRUCTIONS TO FOLLOW

To help speed your recovery, please read these suggestions and follow them REGULARLY:

1. Follow the schedule of appointments that we have set up for you. There is no substitute for carefully timed chiropractic adjustments.
2. Avoid physical and mental stress before and after each adjustment. The more relaxed you are, the more benefit you will receive.
3. Follow faithfully all instructions given for your condition. These may include such therapies as hot or cold applications, daily exercises, rest periods, or a special diet.
4. You spend approximately one-third of your life in bed; it is highly important that you sleep on a good supportive mattress.
5. Do not sleep on a foam rubber pillow (unless it is a chiropractically approved style) or more than one pillow. If you do not have a chiropractically approved pillow, a medium-size pillow should be used to give the head and neck adequate support.
6. Do not read in bed propped up on your elbow or flat on your back- support your back properly.
7. Sleep on your back or side, never on your stomach. It is best for your legs to be flexed at a 30 to 40 degree angle.
8. Choose a firm chair, not a soft, overstuffed one. Sit straight and do not cross your legs except at the ankles.
9. Learn how to lift. Bend your knees and keep your back straight.
10. If any body motion causes discomfort, avoid it!
11. Please don't try to be your own doctor! Self-administered remedies may do more harm than good.
12. Do your best to maintain a cheerful attitude. Avoid stressful situations when possible, and stay positive!
13. Set aside at least one time each day for complete mental and physical relaxation. This is a good lifetime habit for restoration and maintenance of normal health.
14. Don't be in a hurry to be "cured". Ligaments and muscles must shift and realign themselves to fit the changing bones. This is a natural process and cannot be rushed.
15. We would appreciate 24 hours notice if your appointment must be changed or cancelled, so that someone else may be scheduled in your appointment time.
16. Please feel free to ask any questions that you may have about your health care.
17. If you feel better, tell us. It is important that your doctor be aware of improvement.
18. Chiropractic may be the answer to friends' or loved ones' health problems. Take the time to explain this natural health care method to them and encourage them to visit a chiropractor.

REHABILITATING SPINES IS SIMILAR TO STRAIGHTENING TEETH;
BOTH TAKE TIME AND REPEATED CARE.