



Reaction

When undergoing Chiropractic adjustments it is not unusual to experience varying degrees of discomfort and symptomatic disturbances. These discomforts are part of what we term REACTION.

Reaction is the body's response to adjustment. An adjustment enables the spinal column to normalize itself. Following an adjustment, irritation of nerves is reduced, muscle tonicity is normalized, tension on ligaments caused by stress is lessened and most importantly, motion is put back into the joint.

Reaction occurs most commonly between the third and tenth adjustment, but may vary with the individual and the severity of your condition. When and if reaction occurs it may last from one to several days, but the vast majority of cases diminish in two to three days. Approximately 50% of chiropractic patients do experience reaction, so if you are among this group there is no cause for alarm.

Some common sensations include a flush or warming feeling, tingling, or discomfort at area of adjustment. If you experience pain at area of adjustment it is due to the fact that the body is adapting to the change; this is quite common and there is no need to worry. Put ice on the area for 10 – 12 minutes and call the office if the problem persists. If you feel any sensation not mentioned above please call the office right away.

Actually, reaction is a healthy change occurring within the body. The mechanics of the change can be best understood by explaining that the spine is being adjusted to a normal position, therefore, there is an element of physical change, which involves blood vessels, connective tissue and ligaments. All of these tissues and structures must adapt to the new, normal position. This adaptation process, which is part of the change to a healthier condition in the body, is often accompanied by reaction.
