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## For the very best results from chiropractic care.

- \_\_\_\_\_ **Ice** injured area for 15 mins. each hour (generally in the PM or after activity)
- \_\_\_\_\_ **Heat** injured area for 15 mins. 2-3x/day (generally in the AM or before activity)
- \_\_\_\_\_ **Minimize sitting.** If you do have to sit, use a low back cushion. You should be more comfortable lying down or walking around. Get a Varidesk standing desk.
- \_\_\_\_\_ **Sleeping positions.** Sleep with a pillow between your knees (side-lying) or under the knees when you are on your back. Use a cervical pillow.
- \_\_\_\_\_ **Move.** In a pain-free range of motion. Walk, stretch, breathe, meditate. If it doesn't hurt, it is OK to move.
- \_\_\_\_\_ **Hydrate.** Drink water. Urine should be clear. Recommendation is 50% of body weight in ounces of H<sub>2</sub>O.
- \_\_\_\_\_ **Sleep/Rest.** 7 to 8 hours per night/take naps. Sleep on a mattress of medium firmness.
- \_\_\_\_\_ **Eat Healthy.** Increase fruits – vegetables and decrease sugar, alcohol and processed foods.
- \_\_\_\_\_ **You may experience some soreness** or worsening of your original condition after the first few visits. This is normal. If you are concerned, please call our office or the doctor (914) 391-7119 immediately.
- \_\_\_\_\_ **Keep your appointment.** We have allocated 30 to 60 minutes for your next appointments. Please give us 24-hour notice if you need to cancel/reschedule or a missed appointment fee will be charge.