

Mojo Back



Phase 1 - Manage your Pain

ICING/CRYOTHERAPY

When the body is damaged it becomes inflamed. Inflammation can make the area more painful therefore we advise that you ice the area as instructed below:

1. Take your ice pack out of the freezer and wrap in a tea towel/material pouch (DO NOT PLACE THE ICE PACK DIRECTLY ON SKIN)
2. Place ice pack on area instructed by your chiropractor for approximately 20 minutes.
3. Remove the ice pack and place back in freezer.
4. Repeat this every hour/ every other hour/ every three hours during the day and during the night if the pain is waking you or preventing you from sleeping.

MOJO MOVEMENT

This simple exercise is ideal to help maintain the improved movement your chiropractor has created with his/her adjustments.

- Standing up, reach your hands up as high as you can as you lean slightly back. Feel the stretch in your lower spine. Repeat this action twice. Each repetition should last between 4-7 seconds.

Ensure that you move around at regular intervals (at least every 50 minutes). Regular movement will help ensure you get the best from your care.



Should you experience any increase in your symptoms, STOP IMMEDIATELY and call your chiropractor for advice

www.chirohealth.co.uk

