



Pre and Post-Adjustment Tips



To make the most of your chiropractic visit, a little preparation goes a long way. Before your session, ensure you're hydrated and wear comfortable clothing. It's also helpful to take a few minutes to relax and think about any changes in your body since your last visit, so you can share these with us.

After your adjustment, give your body time to adapt. Drink plenty of water to

help detoxify and avoid strenuous activities for at least a few hours.

Gentle stretches or a short walk can aid in maintaining the benefits of your care. Rest is crucial, so make sure you get a good night's sleep to allow your body to heal optimally.

Remember, each visit builds on the last, so keeping these tips in mind may help you achieve the best possible outcomes.

Stay Steady: Tips for Preventing Falls

Maintaining balance and preventing falls is crucial for your well-being, especially as we age.

Chiropractic care is a key ally in enhancing your stability and mobility. Regular adjustments may significantly improve joint function and enhance your body's natural balance mechanisms.

By ensuring your spine is properly aligned, your nervous system functions optimally, improving coordination and reducing the risk of falls.

Here are a few quick tips to keep you on your feet:

- Ensure your home is clutter-free and well-lit.
- Wear shoes with good support.
- Stay active to strengthen muscles and joints.

Incorporating these practices, along with regular chiropractic visits, will help keep you agile and safer from falls. Let's work together to keep you moving smoothly and securely. Visit us today and take a confident step towards better balance!



Choosing the Best Shoes for Spinal Health



Your footwear choices can have a big impact on your spinal health. The right shoes support not only your feet but also align your spine and reduce stress on your joints. Here's how to choose wisely based on your foot type and activity level.

Arch Support: Ensure your shoes match your arch type—whether high, low, or neutral. Proper arch support is crucial to distribute weight evenly.

Cushioning: Look for shoes with adequate cushioning to absorb shock, particularly if you're active or spend a lot of time on your feet.

Fit: Shoes should be snug but not tight, with enough room to wiggle your toes. Always try on shoes later in the day when your feet are at their largest.

Activity Appropriate: Wear the right shoes for your activity—running shoes for running, hiking boots for trails.

Selecting the right shoes can lead to a healthier spine and a more comfortable life. Stop by our practice to discuss how your footwear is affecting your spinal health!