

## WHAT TO EXPECT: POST-VISIT

### HOW WILL I FEEL AFTER MY SESSION?

Most people feel considerably more relaxed and less concerned, and many people find they are able to breathe more fully. Some patients continue to move and stretch in various ways after their appointment to release any tension they may be holding and to help unwind chronic tension patterns. Over several sessions you will begin to feel more open, present, connected and peaceful.

### WHAT IF I FEEL SORE?

Any adverse effects are typically minor and brief in length. The likelihood of initial soreness or increased pain after a chiropractic adjustment has been found to be similar to that of starting an exercise program. There are several ways you can speed up the healing process after a chiropractic treatment. Self-care plans will help to restore your body to good health and help you experience the results of the treatment more quickly.



### Some of the best things you can do to promote healing after an adjustment include:

- Use an ice pack on the treated area (15 minutes on, 15 minutes off)
- Try light stretching exercises
- Sleep on a suitable support system – a mattress and pillow, not a couch or recliner
- Avoid heavy lifting
- Refrain from intense exercise for at least three to five days
- Eat a balanced diet
- Drink plenty of water
- Wear properly fitting, comfortable shoes

### When to schedule a follow-up session

Patients sometimes make the mistake of allowing themselves to receive treatment once and then fail to follow up with their chiropractor for the recommended treatments afterward. For this reason, patients can still feel pain after their initial adjustment. You should complete the treatment plan that you discuss with your chiropractor for optimal performance.

Receiving chiropractic treatment can be a responsible way to deal with pain and prevent it from reoccurring. You should do your best to follow up with your chiropractor on treatments for the prescribed amount of time. It can take time for the results to become noticeable, but with continued treatment you will notice that your pain can be eased.

## DID *you* KNOW

Chiropractic care enhances the ability for the nervous system to function properly.