

WESTON CREEK CHIROPRACTIC CENTRE

WHAT YOU CAN DO TO HELP THE TREATMENT ALONG

Immediately after each treatment, a walk of 5-10 minutes is recommended. (By and large, walking is one of the best general exercises for your whole body).

It is essential that you avoid any strenuous activity for the rest of the day after your treatment. After an adjustment the spine can be temporarily weakened. Therefore, the quieter you can take things, the greater the chance of it holding its position.

It is also important that the muscles and ligaments of the body learn to support the bones in their new position. You may receive a set of simple exercises which would help minimise the stress on the joints which are mostly involved with your problem. By doing these exercises diligently, you will greatly improve your recovery rate.

Avoid sitting on your wallet. Placing your wallet in your back pocket will act as a wedge and cause hip and pelvic imbalance.

SIDE-EFFECTS FROM THE TREATMENT

When chiropractors adjust your spine, they are moving structures that are not moved in normal activity. You may feel the strain of the movement in much the same way as the strain of doing a new sport for the first time.

Therefore, it is quite common for you to feel a bit stiff and sore after the first two adjustments and in fact that soreness coupled with the complaint you already had, can sometimes give the impression that you have become worse after treatment (although this occurs only rarely).

MOTOR VEHICLE TRAVEL

Adjust your seat close enough to the wheel to allow you to comfortably reach the steering wheel with relaxed arms. Using a lumbar roll to support your lower back can be helpful.

Take adequate breaks on long drives. Stop and walk for 5-10 minutes every one to two hours (or every 30 minutes if your back is painful).

Make sure you are well practised at using the rear vision mirrors to minimise prolonged or sometimes unnecessary twisting and straining of the neck to look behind you.

Position your head-rest or neck-pillow level with the back of your head to maintain the forward curve of your neck. If the head-rest is too low it will act as a fulcrum in the event of an accident, leading to severe whiplash and neck injuries.

After a long drive, do some stretches before attempting to lift or bend when unloading the car. This will compensate for prolonged periods of sitting which load your spine and cause the joints to stiffen.

HINTS AT HOME

When standing for extended periods (e.g. when ironing), use a footstool to rest one foot on. Vacuuming should be done with great care and only in short episodes. Avoid lounge suites, or any other low, deep and/or soft chairs - choose an upright chair instead.

Firm beds are best and it is preferable to sleep on your side with both knees bent, although lying on your back is OK. Always avoid sleeping on your stomach.

SMOKING

The evidence is so strong evidence linking nicotine consumption and disc disease, that smoking has been listed as a risk factor for back pain and spinal disc herniation.

Chiropractors observe that smokers tend to suffer more from back complaints than other people and take a greater time to recover from episodes of back pain.

As well as changing the bone structure as with osteoporosis, smoking decreases blood flow to the spine, hastening degeneration which can lead to mechanical deformities and injuries.