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Do's and Don'ts

Before and after each Upper Cervical Adjustment, it is vital that these measures be taken to protect your adjustment. Adhering to these guidelines will ensure the speediest recovery and help you reach your optimal health potential. We encourage you to ask questions about Upper Cervical Chiropractic when you have questions. The better you understand *why* we do what we do, the more you can *help* us help you.

Follow these helpful hints:

Before each office visit: (For knee chest, Blair or toggle-recoil patients)

- ✓ You will be required to acclimate (get used to) the temperature in our waiting room by removing all jewelry from the neck area and turning down turtlenecks to expose the neck. This will require you to wait 10 minutes before you can be scanned. This is an extremely important step and cannot be skipped. Our instrument is temperature sensitive and vitally important to determining care for your visit. If you need an Upper Cervical Adjustment that day your visit could last about 30 minutes. If not, your visit could last up to 10 minutes.

Avoid the following before office visits:

- ❖ 4 hours before your appointment; NO over the counter drugs, pain relievers (Example: Tylenol, Excedrin, Advil), antibiotics, or antidepressants.
- ❖ 2 hours before your appointment; NO caffeine, cigarettes, or chocolate, or use of heating pad on your neck or back.
- ❖ 30 minutes before your appointment; NO sugar or candy.

*We are measuring brainstem and nerve function; the above products *alter* our readings. We must have accuracy in these readings in order to assure success in your case. Please let us know if you have used any of the above products or other prescription drugs before we test you.

Avoid the following for at least 24 hours after an Adjustment:

- ✓ Repetitive arm motions (sweeping, vacuuming, yard work, etc.)
- ✓ Bumps, jolts, and vibrations (mowing or tilling, running heavy machinery, etc.)
- ✓ Overhead work (reaching overhead and looking up)
- ✓ Never sleep on your stomach with your head turned to one side
- ✓ Never use big, thick, fluffy pillows

Do the following:

- ✓ Keep all your appointments at your appointed time. This "schedule of appointments" is set by the doctor for your speediest recovery.
- ✓ You are expected to be on time for all of your appointments. If you are unable to keep your appointment, please call and reschedule for a better time.
- ✓ Drink 8 glasses of clean water, either spring/purified, or reverse osmosis, (not tap water), per day
- ✓ Start walking. Walking on even surfaces helps strengthen your adjustment and builds strength and stamina.
- ✓ Rest flat on your back with pillow under your neck during the middle of the day (10 to 20 minutes). This helps maintain your adjustment.
- ✓ Let the doctor know of any slips, falls, bumps or other injuries, no matter how insignificant.
- ✓ Sleep with a pillow designed to contour and support your neck, either flat on your back, or on your side.
- ✓ Include your family in your care. The more your family understands Upper Cervical Health Care, the more support they can provide.
- ✓ **DO NOT** expect us to treat your symptoms! The adjustments we make are **NOT** designed for pain or symptom relief. They are designed to release the healing properties of the body, so the body will heal itself. As the body heals, symptoms will go away. Be a patient patient.
- ✓ Adjustments are **ONLY** given when our tests says you need one. Please don't expect an adjustment based on how you feel.

If you have a problem with any of these, please let us know immediately so we can resolve the issue before you start something you cannot finish.