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#### Suggestions to Follow During Spinal Correction

- \* Avoid rubbing, poking, or “testing” in the area your doctor adjusts.
- \* Avoid sudden twists, turns or movement beyond your normal limits of motion, especially in your neck.
- \* Avoid extreme bending of your spine in any direction; avoid stretching, reaching or overhead work.
- \* Be careful brushing and shampooing.
- \* Avoid bending or stooping sharply to pick up objects. Bend at your knees to minimize the strain on your lower back.
- \* When lifting, keep your back straight; bend your knees and let your legs bear the strain. Hold the object close to your body.
- \* When bathing, sit rather than recline in the tub. Lying back against the tub may cause a vertebra to slip out of its normal position. If you are tired and wish to relax, it is better to lie in bed.
- \* Watch your posture at all times; stand tall, sit tall, sleep tall, THINK tall!
- \* NO HEATING PADS.

#### Rest, Relaxation and Sleep

- \* Set aside a special time each day for complete mental and physical relaxation. This is important in the restoration as well as maintenance of normal health.
- \* When sitting, choose a chair that has adequate firmness to hold your weight comfortably and then sit straight. Avoid too soft, overstuffed chairs. Recliners are acceptable if they are constructed so that when you are reclining your back is in a normal straight position and the low back curve is supported.
- \* Cross your legs only at the ankles, not at the knees. Crossing your legs at the knees could aggravate an existing back condition as well as interfere with the circulation to the lower limbs.
- \* Be sure to get plenty of sleep to allow your body to recuperate and repair.
- \* Sleep on a firm mattress, preferably one that is neither too hard nor too soft, but just firm enough to hold your body level while at the same time soft enough so that your shoulders, buttocks, etc. will depress into the mattress.
- \* Sleep on your back or on your side with a pillow between your knees, with your legs flexed slightly, not drawn up tightly. Avoid sleeping on your stomach.
- \* Raise your head off the pillow when changing positions. Sleeping on one fitted cervical pillow is ideal. Ask your chiropractor to fit you.
- \* Rise from your bed by turning on your side and swinging your legs off the bed, then push yourself into a sitting position with your arms, thus minimizing the amount of strain on your back.
- \* Do not read or watch TV in bed, particularly with your head propped at a sharp angle.
- \* Do not sleep sitting in a chair or in cramped quarters. Lie down in bed when it is time to sleep.

#### HOME CARE RECOMMENDATIONS FOR LOW BACK

- \* Do not sit. This is the worst thing you can do. Stand, walk or lie down. Either lie on your back, with a pillow under you knees or lie down on your side. Do NOT lie on your stomach.
- \* Do not bend at the waist, do not lift anything, and do not do any twisting movements even while dressing.
- \* As you get out of bed, turn to the pain free side, push yourself up to the sitting position, put your feet on the floor, hands on your thighs and stand slowly. When lying down, sitting or standing tighten your stomach and buttock muscles until you are in a position you desire.
- \* Do not cross your legs.

#### HOME CARE RECOMMENDATIONS FOR NECK AND SHOULDER

- \* Do not lift or strain your neck or upper back in any way.
- \* Do not carry a shoulder bag.
- \* Sleep on your back with a pillow underneath your knees. Avoid lying on your stomach or side. USE A CERVICAL PILLOW.

#### As You Improve

- \* Follow the exercise program or nutritional changes that have been recommended for you.
- \* When driving, make sure that your knees are slightly bent. Use a back support pillow. When getting out of the car do not twist.
- \* Pain is the first thing to go away. You will still have weakness. DO NOT OVER DO IT!!!!

#### IMPORTANT: If You Should Re-injure

- \* Lie down IMMEDIATELY
- \* DO NOT APPLY HEAT
- \* Call your Chiropractor
- \* Remain calm and maintain a positive outlook.

\*\*\*\*\*KEEP YOUR APPOINTMENTS AT THE OFFICE\*\*\*\*\*