

## Follow These Guidelines

We rarely think about our health until it interferes with our lives. Then our goal is to get well quickly. Achieving optimum chiropractic results depends upon a unique partnership between you and your doctor. We use our years of training and experience to locate and help correct spinal malfunction and we request that you follow these simple guidelines to create the best circumstances for a complete recovery.

*Chiropractic benefits vary based on your healthy lifestyle choices.*



## During Your Recovery

Be sure to ask questions along the way so you understand every aspect of your chiropractic care. When you're feeling better, ask your doctor for a schedule of preventative chiropractic care to maintain your progress and help avoid relapse.

### References

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# Doctor's Orders



**Get the Maximum Benefit From Your Chiropractic Care**

# Chiropractic Results Are Based on a Doctor - Patient Partnership

We know that adding chiropractic to your already demanding schedule may feel challenging, but your return to health is our top priority. We promise to live up to our part of the bargain and help you achieve maximum results from your care. We will explain your care, value your time, honor your health goals, respect your privacy and monitor your progress. At the same time, we ask that you review this brochure, ask questions and take an active role in your care.

## Keep Your Appointments

Your schedule of care is based on the expertise of thousands of doctors with millions of patients. Just as you can't expect to get in shape by working out just once or twice, you can't expect meaningful changes to your health with just a few chiropractic visits.

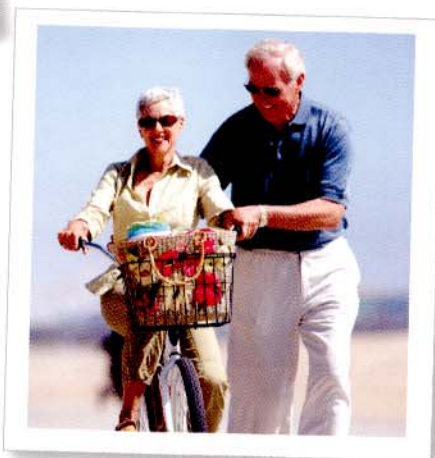
Each adjustment builds on the one before retraining your spine and supporting tissues to return to their normal motion and position. Missing appointments interferes with this process and slows down your return to health.



## Get the Proper Rest

When combined with regular chiropractic adjustments, proper rest can help heal and regenerate your body. Sleep on a mattress that offers firm support, lying on your back or side. Make sure your pillow provides the proper support as well.

The latest research indicates that patients with spinal problems should avoid extended bed rest. Yet, when getting adequate rest, it's important the time you spend in bed isn't making your problem worse.



## Exercise Moderately

The rehabilitation of your spine also depends upon proper muscle tone. Ask your doctor if now is a good time to begin a routine of regular exercise. Swimming, brisk walking or other aerobic exercises can increase your metabolism and help maximize the healing process. Your doctor may recommend some stretches or exercises that can help strengthen the muscles that support your spine. Take it easy at first and slowly build your endurance.

## Drink More Water

Although drinking water may be perceived as more of a trend than a necessity, your intake of water has much to do with your overall well-being. Water is proven to flush toxins from the body, improve skin health and appearance, reduce your risk of heart attack and regulate your body temperature.

By the time you feel thirsty, you're already dehydrated making you more susceptible to illness. How much water do you need to thrive? Drinking half your body weight in ounces each day can help cushion and lube your joints and muscles, aid in digestion and waste removal and help you burn fat and build muscle.



## Give it Time

Your chiropractic doctor is attempting to correct the underlying cause of your problem. This takes time. Your body is working to heal itself, as it sets its own priorities and directs its own recovery. The chiropractic approach to better health is to help release as much of your body's inborn healing abilities as possible.

## Eat the Right Foods

Proper nutrition is essential. Avoid processed foods which have been robbed of their vitamins and minerals and increase your intake of fruits and vegetables.

Make sure your body has the nutrients it needs to heal the muscles and soft tissues that support your spine.

