

**Steven B . Wasserman, RN, DC**  
**3772 Katella Ave.,**  
**Ste. 100 Los Alamitos, CA 90720 (562) 430-4949 www.adjustm.com**

## **WHAT TO EXPECT AFTER YOUR FIRST FEW ADJUSTMENTS**

Once you have experienced your first adjustment, congratulations are in order. The purpose of your first adjustment is to begin to correct vertebral subluxations (spinal misalignments causing nerve interference) that have most likely been present for a while, maybe years. As a result, your body and mind may have become accustomed to behavior patterns produced by a nervous system that was not working at its best. This will begin to change with your first adjustment!

After your adjustment, chances are that you will feel 'different'... you might notice that your breath has deepened, a change in the position of your neck or low back, a feeling of being more relaxed or at ease, or a feeling of having more energy. Perhaps you are not quite sure what you feel! Any or all of these feelings are very common. But with the first five or six adjustments, most people know that something very powerful has been released within them and that their body is changing!

With each adjustment your body is beginning its re-education process. From this moment on, a healthier spine and nervous system and an improved quality of life is within your reach!

### **Please read the following information carefully.**

If you have never been adjusted, or if it has been a while since your last adjustment, you may experience soreness or discomfort for a few hours to a few days. (Most inflamed areas of the spine or anywhere in the body may take 12-72 hours to decrease as it is.) This is a normal reaction to the first few chiropractic adjustments. Muscles may become sore, like you just over exercised. This is temporary and disappears as muscle, tendons, and ligaments gain strength and flexibility.

The discomfort is often due to a detoxification process when toxins or waste products of muscle metabolism leave the area; creating irritation in the local tissues.

Spinal nerves that have been impinged and stressed for years are very sensitive to any physical change. An adjustment causes changes; initially, you may feel better, worse, or nothing. This again is a normal response to being adjusted.

The first thirty days of any healing process will take time and will vary.

Please note, injured muscles heal quicker because they have good blood supply and injured ligaments, tendons, and disc fibers heal much slower due to less of a blood supply. When there is an injury to any tissue, there are many components that are locally involved: bone, nerves, muscle, tendons, ligaments, arteries, nerves, veins, fat tissue, cellular physiological changes, and each of these heal at a different rate.

**Steven B . Wasserman, RN, DC**  
**3772 Katella Ave.,**  
**Ste. 100 Los Alamitos, CA 90720 (562) 430-4949 www.adjustm.com**

## **Self-Care Plan after a Chiropractic Adjustment**

There are several ways you can speed up the healing process after a chiropractic treatment include:

- Ice pack on the treated area, every 2 hours x 20 min.. This can be repeated as often as needed. Do not apply ice directly to skin, use a light shirt or towel. Do not use heat, unless directed, it may aggravate your condition.
- light stretching exercises as prescribed
- Activity to tolerance, avoid any prolonged sitting and standing
- Sleep on a supportive firm mattress and sit on a supportive chair.
- Avoiding heavy lifting and repetitive movements and all sports activities are to be avoided until significant improvement is noted and cleared by the doctor.
- Refraining from intensive physical exercise for at least 3-7 days post-treatment.
- Eating a balanced diet and supplements as prescribed.
- Stop smoking! Smoking causes blood vessel to constrict, so nourishment to tissues and waste removal from tissues is decreased. Smokers take 3x plus the amount of time to heal than nonsmokers.
- Drink plenty of water
- Make scheduled Chiropractic appointments
- Unless indicted, you may return to work/school after your appointment.

Paying attention to your physical routine, stress levels, and diet during the days after an adjustment can make a difference to the outcome of your treatment, and help you recover faster. If you can plan for light activities in the days after the treatment, you can help your body become stronger as it heals.