

"Essential" Guidelines to Improve Your Condition During the First Phase of Care."

1. Have you kept your physical activity to a minimum the day you received your adjustment?
2. Since your condition, have you been gradually increasing your physical activity level, and not all at once?
3. Have you been doing your stretches 2+ times per day as prescribed?
4. Have you been applying heat or ice to the area of pain as prescribed every 2 hours for 20 minutes?
5. Have you made all your scheduled appointments?
6. Do you have a supportive bed for your back?
7. Do you have a supportive pillow for your neck and shoulders?
8. Have you been eating a balanced diet and taking vitamins?
9. Have you kept over the counter drugs and alcohol to a minimum while under chiropractic care?
10. Have you stopped smoking or significantly cut back?
11. Do you sit or stand all day at your 8 to 12 hour job?