

Protecting your adjustment can be as simple as keeping a positive attitude to as difficult as breaking bad habits. Whatever the case may be, you will find a healthy reward when you act on the following suggestions for good spinal balance. It all depends on you!

Stability:
The Key to
Spinal Balance



NUCCA



National Upper Cervical
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Protecting Your Adjustment

Now that you have initiated NUCCA care, here are some helpful hints. Protecting your adjustment and understanding how to maintain it will speed your recovery, saving you time and money. Obviously how much care you receive is always up to you. Following your doctor's recommendations, however, ensures the best results. Here are a few suggestions that will start you on your way:

1. Follow the schedule of appointments that we have set up for you. There is no substitution for carefully timed chiropractic adjustments.
2. Avoid physical and mental stress before and after each adjustment. The more relaxed you are the better your adjustment will hold.



3. Follow faithfully all "home care" instructions for your condition. These may include such things as hot or cold packs, exercise, lifting instructions, etc.
4. Sleep on your back or on your side, never on your stomach. Ideally, you should have your neck supported while you sleep so your head is in a neutral position. To lessen the stress on your lower back, place a pillow under your knees (while on your back) or between your knees (while on your side).
5. Sit straight while in a chair, making sure that the lower back is supported. Do not cross your legs except at your ankles.
6. Lift properly. Bend at the knees while keeping the back straight.
7. If any body motion causes discomfort, avoid it.
8. Please don't try to be your own doctor! Self-administered remedies may do more harm than good.
9. Do your best to maintain a cheerful attitude. Avoid, if you can, stressful situations. Set aside at least one time each day for complete mental and physical relaxation. This is a good



10. Don't be in a hurry. Ligaments and muscles must have time to re-train themselves to support the re-aligned vertebrae. This is a natural process that can't be rushed.
11. Please feel free to ask any questions that you have about your health or wellness. We are here to help you understand the best way to take care of your spinal condition.
12. If there is a change in your condition, for better or worse, tell us.

It's a known fact that spending time with your pet reduces stress.



13. The use of caffeine, nicotine, or alcohol should be avoided just prior to an office visit. These substances can alter nerve and muscle activity.
14. Read all information given to you. This information is meant to help you progress faster in your care and to learn how to take care of your spinal condition more effectively.
15. Tell others! There are many people with the same problem that you came here to correct. Our mission is to make this a better world for everyone.

**Questions or Concerns?
Always communicate with your doctor to eliminate any confusion. Remember that the only foolish question is the one that goes unasked.**



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