



## You've just had your first adjustment! Now what?

You are on your way to heal better with less pain and increased range of motion! To continue to feel better, we recommend the following tips:

### Hydrate

For the next 3 days, drink  $\frac{1}{2}$  your body weight in ounces of WATER per day. Water will help flush your body and reduce soreness.

Perform stretches already recommended on your 1st visit. Stretching will help relieve muscle tension and continue to keep your muscles relaxed for your next adjustment.

### Stretch

### Ice

Apply ice to areas that develop soreness like your neck or low back for 10-15 minutes 2-3 times within the 1st 24 hours.

Movement and exercise is good to increase circulation and reduce muscle soreness. There is no need to worry about restricting movement or activities with the fear you may "mess up the adjustment."

### Normal Routine

## SPINE HEALTH

### Your future care.

All though it is very normal to feel improvement after your first adjustment, staying consistent with your treatment plan recommendations will help you receive the full benefits of you chiropractic care.

### If symptoms worsen please contact us.

Pain relief after your first adjustment is what we expect. If you happen to feel worse, Dr. Stacy wants to know so she can provide additional guidance. Please contact us at **913-730-1800** or email us at [info@vitalitychirokc.com](mailto:info@vitalitychirokc.com)