

**6.** If you have any kind of spinal disk or low back ailment, be sure to use the "side" position when getting into or arising from bed. This will greatly minimize the strain on your back. Your Chiropractor will demonstrate this method if you're unfamiliar with it.



**Some general tips for everyday situations.**

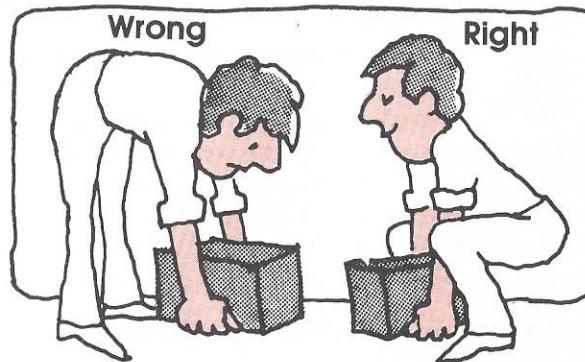
**1.** Avoid looking straight upward and avoid excessive sideways turning of the head (as in backing an automobile). These actions place severe strain on the vertebrae in the neck.

**2.** Do not bend over from the waist putting the lower back at a near 90 degree angle. Instead, bend the knees, this minimizes the strain on the lower back.

**3.** When lifting objects, bend from the knees and lift with the legs, not with the back. Another tip: keep the object being lifted as close to the body as possible.

**4.** When sitting, choose a chair with adequate firmness to hold your weight without creating a sag, because your body will follow the contour of the sag. Do not sit in overstuffed or soft chairs.

**5.** Sit up straight and do not cross your legs except at the ankles. Crossing your legs at the knees can aggravate an existing back problem.



**Use your mind to help heal your body.**

**1.** Think positive. Make yourself think about your improving health and the symptoms which are now less severe. Avoid thoughts about symptoms which have not yet improved.

**2.** Associate with cheerful, optimistic people, you'll find that their disposition rubs off. Avoid negative, gloomy people for their disposition too rubs off.

**3.** Set aside at least one (1) special time each day for complete mental and physical relaxation. After recuperation continue the practice, because it's equally important in maintaining good health, as it is in restoration.

**Restricted material:**

**Only for patients desiring a speedy recovery!**

Complements of:

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Believe it or not, there are some people who, for reasons of their own, do not want a speedy recovery from their ailment. If you are one of these people, read no further. This pamphlet was designed specifically to promote a fast recuperation.

The guidelines in this pamphlet cannot only shorten your convalescence and therefore reduce the expenses involved, but also make that time far less painful. Please take this pamphlet with you, study the guidelines and put them into daily action to promote your speedy recovery.

### **Hints to get the most from your office appointment.**

**1.** Arrive a few minutes early and allow yourself time to relax both mentally and physically. Even a short automobile drive to the office can create tension. You may not feel this tension, but it can make you less receptive to an adjustment. So arrive early and relax. The more relaxed you are before treatment, the more benefit you will receive.

**2.** Do not skip an appointment. There are reasons your doctor has prescribed certain intervals between adjustments. If you interrupt this rhythm you are interrupting your progress to recovery.



**3.** Ask questions. In order to receive full benefit from chiropractic, it is important that you are mentally relaxed and confident in the treatment you are receiving. If you are confused about some phase of treatment, ask questions. You'll find your Doctor of Chiropractic more than happy to explain his procedures.

### **At home, follow directions to the letter.**

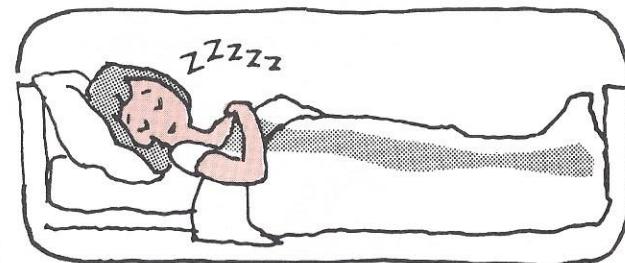
**1.** If you have been put on a special diet, follow it. There may be specific food groups the doctor wants you to eat in large quantities, or to avoid entirely. If you wonder what diet has to do with a chiropractic condition, ask, but do not arbitrarily go off your diet.

**2.** Often a specific exercise, or regimen of exercises, is prescribed. You'll find it easy to exercise half-heartedly and even "forget" to exercise. Perhaps your doctor won't know, but your body will and the healing process will take longer.

**3.** There are certain curative measures (hot packs, cold packs, and others) that don't require office visits. This saves you the cost of an office call and gives your doctor time to see more patients. But, you'll receive little benefit from these at home measures if you don't follow instructions explicitly. Remember, these measures were prescribed for your benefit; if you cheat, you're only cheating yourself.

**4.** During any recuperative time, it is highly beneficial to schedule a daily rest period. For 30 (thirty) minutes every day, lay flat on your back on the floor (not in bed). If you wish, you may split this rest period into two (2) fifteen (15) minute periods.

### **Sleeping recommendations during recovery (and anytime).**



**1.** Sleep on your back or side — never on your stomach. When sleeping on your back, lie flat with your legs fully extended with a medium sized pillow under your head and neck and another under your knees. When sleeping on your side, your legs should be at a 30 to 40 degree angle, never drawn up into a knot.

**2.** Sleep on one (1) medium sized feather pillow to give your head and neck support. Do not sleep on more than one (1) pillow and do not sleep on a foam rubber pillow. Never lay on a couch with your head on the arm rest.

**3.** When sleeping on your back, do not place your feather pillow under your shoulders, just your head and neck — primarily your neck. When sleeping on your side, you may need to fold your feather pillow double, to maintain your head in its normal position.

**4.** Sleep on a firm mattress, neither too hard nor too soft. Check firmness by seeing that your body is held level after allowing the "high spots" (shoulders, hips, and buttocks) to fit into the mattress.

**5.** Absolutely no reading in bed, either propped up on your elbows, or lying flat.