



Forest City Family Chiropractic

440 Boler Rd. Suite 101 London, ON N6K 4L2

Phone: (519) 474-6808 Fax: (519) 474-9468

www.drbatte.com

Suggestions to Follow During Spinal Correction

1. Avoid rubbing, probing or Apoking@ in the areas your doctor adjusts.
2. Avoid sudden twists or turns beyond normal limits of motion, especially of the neck.
3. Avoid extreme bending of your spine in any direction; avoid stretching, reaching or other overhead work. Be particularly careful when brushing or shampooing your hair.
4. Avoid bending or stooping sharply to pick up objects; rather, bend your knees and let your legs bear the strain. Hold the object lifted as close to your body as possible.
5. When lifting, keep your back straight; bend your knees and let your legs bear the strain. Hold the object lifted as close to your body as possible.
6. When bathing, sit rather than recline in the tub. Lying back against the tub may cause a vertebra to slip out of its normal position. If you are tired and wish to relax, it=s better to lie in bed.
7. Participate in simple exercises to strengthen your body, but avoid jarring activities, which place stress on your neck and spine.
8. Watch your posture at all times; stand tall, sleep tall, and THINK tall!

Rest, Relaxation, and Sleep

1. Set aside a special time each day for complete mental and physical relaxation. This is important in the restoration as well as maintenance B of normal health.
2. When sitting, choose a chair that has adequate firmness to hold your weight comfortably, and then sit straight. Avoid too soft, overstuffed chairs. Recliner chairs are acceptable if they are constructed so that when your are reclining your back is in a normal, straight position.
3. Cross your legs only at the ankles, not the knees. Crossing your legs at the knees could aggravate an existing back condition as well as interfere with the circulation to the lower limbs.
4. Be sure to get plenty of sleep to allow your body to recuperate and repair.
5. Sleep on a firm mattress, preferably one which is neither too hard nor too soft, but just firm enough to hold your body level while at the same time soft enough so that your shoulders, buttocks, etc., will depress into the mattress.
6. Your pillow should be neither too high nor too low. The ideal pillow is one which supports your head so that your neck vertebrae will be level with the rest of your spine. Avoid sleeping on two pillows; never lie on a couch with your head on the armrest.
7. Sleep on your back or on your side with your legs flexed slightly, not drawn up tightly. Avoid sleeping on your stomach. Raise your head off the pillow when changing positions.
8. Rise from your bed by turning on your side and swinging your legs off the bed, then push yourself into a sitting position with your arms, thus minimizing the amount of strain on your back.
9. Do not read or watch TV in bed, particularly with your head propped at a sharp or strained angle.
10. Do not sleep sitting in a chair or in cramped quarters. Lie down in bed when it is time to sleep.