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CHIROPRACTIC DO'S AND DONT'S

These are some common after care do's and don'ts for your chiropractic adjustments:

After your adjustment you shouldn't:

- USE AN ELECTRIC HEATING PAD (you will hurt more)
- Poke or prod the area
- suddenly twist or turn, aka "test drive it"
- Sleep, read, watch TV etc. in a cramped position.
- Avoid bending or heavy lifting

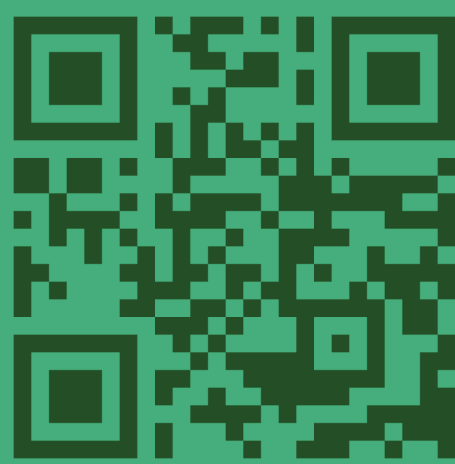
After you adjustment, you should:

- USE A MOIST HEATING METHOD (Like a Hot/Cold Gel Pad)
- Lie down to sleep, and sit upright when reading or watching TV
- Bend your knees and keep your back straight when lifting
- Take a HOT relaxing bath or shower

If you are interested in our aftercare supplements or excercises, please scan the QR codes below:



Tumeric Forte



Exercises



Ligaplex II