

It is important that you

**SPEAK** with your  
**Chiropractor** if you have  
any questions during or  
**after treatment.**



Chichester  
**Chiropractic**  
Health Centre

Chichester Chiropractic Health Centre  
38 Southgate, Chichester, PO19 1DP

T : 01243 913923

E : [reception@chichesterchiropractor.co.uk](mailto:reception@chichesterchiropractor.co.uk)

[www.chichesterchiropractor.co.uk](http://www.chichesterchiropractor.co.uk)

**HOW TO HELP YOURSELF** AFTER  
AN ADJUSTMENT?

## There are a whole range of sensations

that you can experience. The most important thing to remember is that change is a sign that your body is beginning to adapt to the adjustments it has received.

Good Health is not just the absence of pain or disease, but a positive sense of physical, emotional and mental well-being. The more balanced the body is, the better it will cope with the stresses of daily living as well as with unexpected trauma. Given a chance, the body has wonderful self-healing abilities. You can help the healing process by observing the advice in this leaflet and heeding the advice of your Chiropractor.

### Recommended Ways To HELP YOURSELF

- Rest to allow the treatment to have its full effect and to avoid your activities interfering with recovery.
- Take it easy for 24 to 48 hours. Avoid doing anything strenuous such as housework, lifting or exercise.
- Don't engage in sporting activities such as golf, racquet or contact sports, or exercise classes until your Chiropractor advises you otherwise.
- Be aware of your posture when sitting, standing, sleeping or driving - try to be as well balanced as possible.
- Drink plenty of water as this helps to clear your system and allow optimum healing.
- Keep to a simple diet with plenty of fresh fruit and vegetables, and avoid excessive alcohol, tea and coffee for the next 24-48 hours, until the body has settled down.
- Avoid carrying heavy bags on one shoulder or arm as this will put a strain on your neck and back.
- Ice over the area of pain and be effective at reducing inflammation and easing symptoms.



## How You May Feel

- After treatment most people feel great, with patients reporting increased energy levels, raised alertness, reduced pain levels, increased flexibility and feeling more aligned.
- Some people may experience reactions such as stiffness, aching, tiredness, headaches, or even slight nausea. Rest assured, these are also all normal responses to the adjustments, and will soon pass as your body adjusts to its new alignment.
- Feeling better: relief from pain as your spine and nervous system become better aligned. This can make you feel straighter, taller and altogether more balanced.
- Feeling worse before feeling better: while your body is adjusting to its new alignment, the shape and size of painful areas may change or new pains and aches may emerge due to positional changes in your spine and body. You may experience stiffness and soreness as the muscle tensions change and you may find previous aches and pains recur. These effects will disappear as your body settles down after adjustments.
- Tiredness: You may feel tired after adjustments, and may sleep well following the relaxation of both physical and emotional tensions in your body.
- Headaches: The release of waste products from soft tissue as your body adapts can cause headaches. Drinking plenty of water will help to flush them out.
- Emotional changes: These are quite normal, and often reflect the release of deep held tensions across your body.
- Menstrual cycle: Periods may become heavier or lighter, less painful or shorter. Any changes usually settle once the body has adjusted to its new alignment.
- Dizziness: You may feel a little light headed or dizzy due to the release of tension, increased blood flow to the brain and different posture.



**Now that you have been adjusted,  
you can help yourself to gain  
maximum benefit from it.**