

Mary Anne Lowery Chiropractor

Doctor of Chiropractic & Osteopathy



CHIROPRACTIC AFTER CARE ADVICE

- After your adjustments have a 10 minute walk to give your body time to adjust to the new position of your vertebrae.
- Increase your water intake as water flushes the toxins out of your nervous system and allows normal function to return.
- Avoid all heavy lifting and bending from the waist.
- Avoid looking down, e.g. reading, knitting, etc for long periods of time. Limit each time to 15-20 minutes only.
- Avoid sitting for long periods of time because sitting places extreme pressure on the low back region.
- Walking and swimming are the best exercises for your spine. Avoid jarring activities such as jogging or aerobics.
- Cross your legs only at the ankles, not at the knees. Crossing your legs at the knees could aggravate an existing back condition as well as interfere with the circulation to the legs.
- The body does most of its repairing and healing while you are asleep. Ensure that you get at least 8 hours.
- Sleep on a firm mattress. Lying on your side or your back is best. Avoid sleeping on your stomach. Sleep with only one pillow.
- Watch your posture at all times. Stand tall, Sleep tall and THINK tall.

Committed to Excellence in Family Chiropractic Care



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