

**Get Faster Relief and Better Results From Chiropractic Wellness Care!!!**



**Patient Guidelines for Better and Faster Results**



Here are some ways you can help yourself to get faster relief and better results from your chiropractic care:

**Keep Your Appointments:** the primary way to achieve great results

**Get Involved:** your health is your personal responsibility



**Sleep: [mattress] on a mattress which provides optimal support and comfort**

**Sleep: [pillow] on a pillow that is curved to support the cervical spine**

**Rise from sleep by turning on your side and swinging the legs off the bed**

**Do not sleep in a chair with your head propped at an odd angle**



**Get adequate rest at night**

**Sitting: sit in a chair that supports your back in a straight and normal posture**

**Cross your legs at the ankles and not the knees to avoid aggravating the back**



**Lifting: lift with the legs and keep the back straight with the load close to your body**

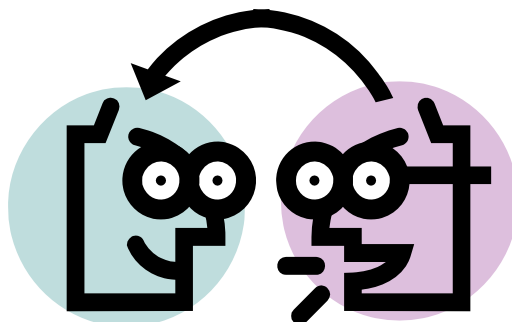


**Avoid extreme bending or bending to stoop and pick up something off the floor**

**Avoid sudden twisting the back or the neck when the spine is loaded and lifting..move the feet first and then follow with the body**

**Diet: watch your intake of refined carbohydrates, sugars and excessively fatty foods, which all have the potential to cause ill health**

**Ask Questions: proper spinal hygiene is new for most people. The more your understand the best and faster your recover**



**Refer Others: share the benefits of your chiropractic experience with others. Explain to them the relationship between good spinal alignment and posture and healthy spinal nerve function.**