

Home Care Recommendations

Chiropractic care is the foundation for recovery from your condition. However, you can take an active role in the healing process to obtain faster and longer lasting results by following these Home Care Recommendations.

Walk: Walking creates a pumping action at the spinal discs which flushes out waste materials and draws in fresh nutrients to keep the discs healthy. Try to go for a walk daily. Walking immediately after a lower back adjustment is beneficial.

Posture: As important as getting adjusted is holding the adjustment. The longer the vertebrae hold their proper position, the healthier and happier you'll be. So stand tall, sit up straight, and keep your chin in & your shoulders back.

Water: Consuming water helps to keep the discs of the spine healthy & to excrete toxins that build up in our bodies. Work toward consuming half your body weight (lbs) in ounces of water daily. Be sure to drink extra water after an adjustment.

Sleep: Sleep is when our bodies repair and grow. Aim for a minimum of 6, but closer to 7-8 hours of sleep per night. Ideally, your sleep should be uninterrupted, and you should wake feeling well rested. As far as positioning, side or back sleeping is best. Stomach sleeping puts a continuous strain on the neck and interferes with breathing.

Stress: A continuous stress response contributes to 80-90% of all chronic diseases. Working toward reducing stressors in your life and changing your reaction to them is vital to your health in the short and long term. Having an outlet for stress is also important-exercise, yoga, deep breathing, meditation, prayer, massage or spending time outdoors can all be helpful.

Breathe: Taking deeper than normal breaths brings extra oxygen to our tissues to facilitate healing. It also rids the body of accumulated toxins & waste products and is a great way to reduce stress. Try this: Inhale deeply for 5-10 seconds, hold for 5 seconds & exhale for another 5-10 seconds. Repeat 10 times & perform this routine at least once daily.

Shoes: Wearing good quality, well fitting shoes with adequate support is essential to your spinal health. A good idea is to have them fitted by a trained individual and to not wear them too long. Look for the following qualities in a good shoe: proper length and width, no or very little heel, adequate width at the toes, and plenty of room for your feet to move within the shoe. If you wear sandals in the summer, there should be some support behind your heel.

Forward Bending: If you need to reach something down low, bend your knees and squat or kneel instead of bending over at the waist. This technique is essential if you will be lifting anything heavy but is equally important for tasks as simple as retrieving an item from the floor. In addition, make sure you square up to the item- twisting the spine is just as detrimental as forward bending.

Smoking: The blood of a smoker contains carbon monoxide and nicotine, which collect in the discs and cause smokers to have a 3-4x higher rate of disc degeneration. This means the spine becomes arthritic at a much younger age. The presence of these chemicals in the blood of smokers also means that they heal much slower. It is noteworthy that a smoker may expect their spine to take more time than a non-smoker to respond to chiropractic care.

Mattress/ Pillow: Sufficient firmness to provide adequate support is necessary. Most mattresses have a supportive lifespan of about 5-10 years. A good pillow should have a portion that provides support to the forward curve in your neck while back sleeping. When side sleeping, your pillow should be the same thickness as the distance from your ear to the edge of your shoulder. A good quality pillow will provide satisfactory support for approximately 1-3 years. The doctors are glad to check your pillow if you would like to bring it in.

Sitting: Try to sit on a firm surface as often as possible, and avoid prolonged sitting on soft surfaces like overstuffed chairs & couches. Do your best to sit up straight and provide support to the lower back. Be sure to get up and walk around after 30-60 minutes of sitting. Lastly, if you feel as though your car or chair doesn't have adequate lumbar support, consider purchasing a lumbar support cushion. If you spend a lot of time at the computer, ask the doctors for a "Seated Worker Diagram" to assist in properly laying out your work station.

Nutrition: The food you put in your mouth can actually help or hurt your healing process. An anti-inflammatory diet is one in which you choose whole foods over processed ones, eat a variety of vegetables & fruits, snack on nuts & seeds, and don't overcook your foods. Eat well balanced meals and don't skip meals. Learn to read food labels, and try to avoid trans fats, high sugar foods, artificial sweeteners, and flavor enhancers like MSG. We offer one-on-one consultations if you would like to explore your nutritional habits further with one of the doctors.