



Naturally Chiropractic



Expectations of Healing

We are happy to help you on your way to better function,
health and life through Chiropractic Care.

Welcome to Naturally Chiropractic

It is important to understand the realistic expectations of healing and chiropractic care along with what we do and don't do in the practice. At the end of the day, your body and health are your responsibility and we are an important tool you can use to achieve and maintain your health goals.

Chiropractic care has been shown to have an impact on how your brain and body talk to each other. If your joints and moving parts are not moving fully, your brain doesn't appear to have full information in which to run your body. Your chiropractors are your body mechanics. Helping you restore motion into your body and helping your brain get better messages.

Chiropractic doesn't make you FEEL better, but it makes you HEAL better.
(You will probably feel better too, but that takes time!)

Sometimes people come to us with an injury that has just happened, but mostly we see people that have been out of balance for some time and their body has only just given up the attempt to keep working off balance. You may or may not have 'heard' your body complaining (sometimes for years) in the weeks, months or years leading up to its throwing a tantrum and giving you pain but turning those patterns around again sometimes takes a lot of time and patience.

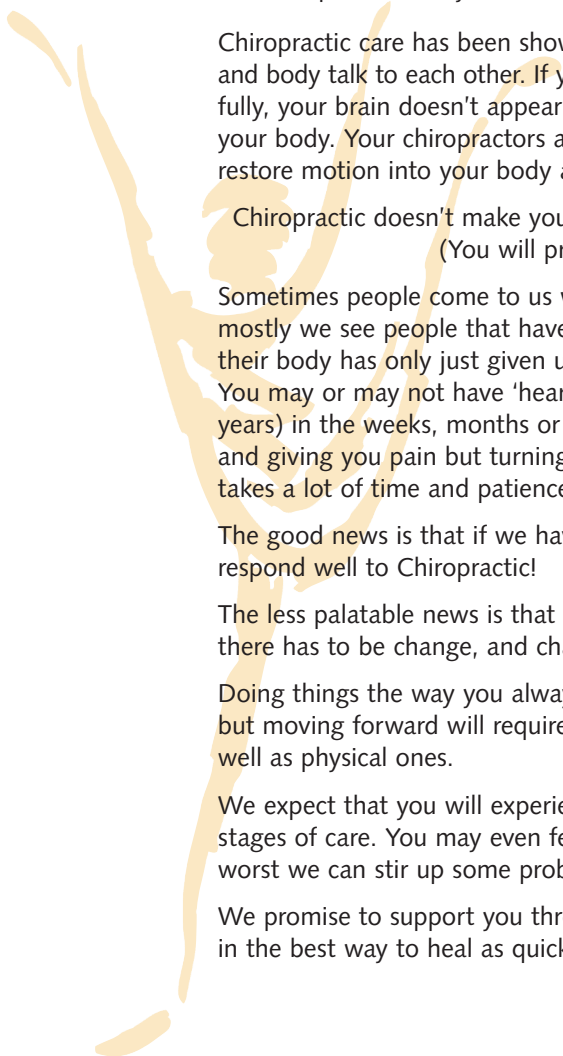
The good news is that if we have accepted you for care, then you will respond well to Chiropractic!

The less palatable news is that in the process of getting you balanced, there has to be change, and change can sometimes be uncomfortable.

Doing things the way you always have done is what has led you here, but moving forward will require you to address some lifestyle habits as well as physical ones.

We expect that you will experience some aches and pains in the early stages of care. You may even feel worse before you feel better and at worst we can stir up some problems you didn't know you had brewing.

We promise to support you through these changes and keep you moving in the best way to heal as quickly and effectively as possible.



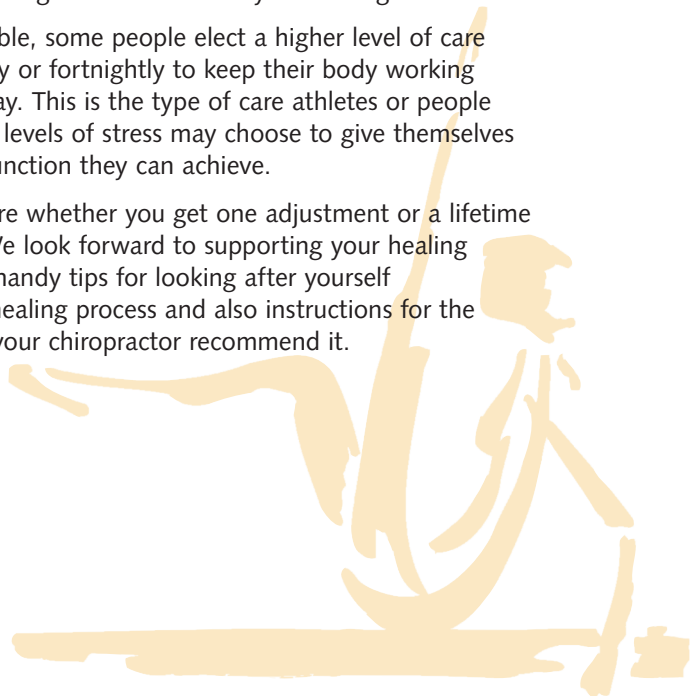
Your care with us will likely take three (or 4) steps:

1. We will see you frequently to reinforce new movement patterns and support you through any ups and downs that come about from changing the way your body has been working.
2. Once the inflammation has settled and your body is getting more used to its different movement patterns we don't need to see you as frequently and we can start to introduce exercises to get you stronger.

Your care with us

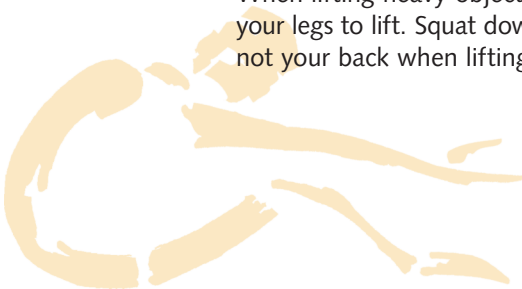
3. At this point some people decide to stop care and will return when they 'feel' a problem again. Others elect what we call maintenance care. They find a period of time that suits them (with our guidance) and get a regular MOT regardless of how they are feeling.
4. Once your body is stable, some people elect a higher level of care getting checked weekly or fortnightly to keep their body working in the best possible way. This is the type of care athletes or people under constant higher levels of stress may choose to give themselves the best mechanical function they can achieve.

Undertaking chiropractic care whether you get one adjustment or a lifetime of care is a valuable tool. We look forward to supporting your healing journey. Following is some handy tips for looking after yourself in the early stages of your healing process and also instructions for the use of ice and heat should your chiropractor recommend it.

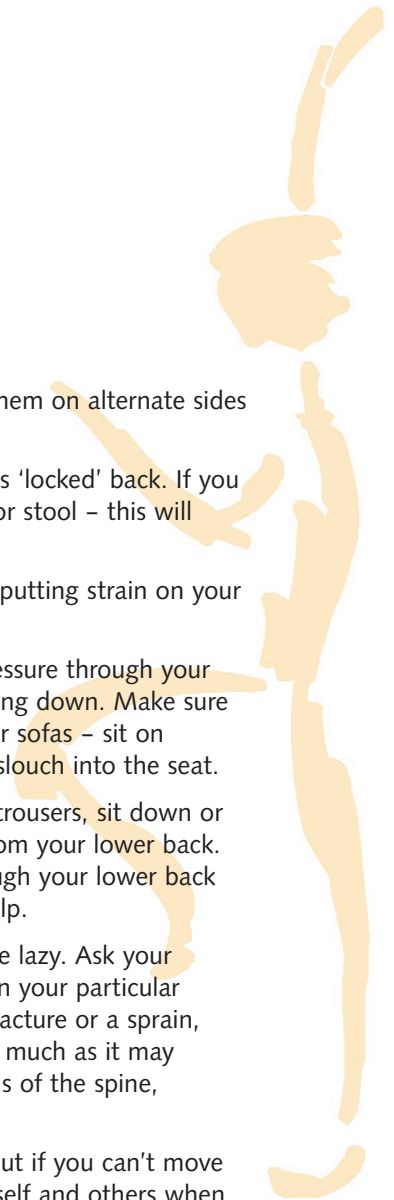


When you have an injury

- It can take 2–3 weeks for inflammation to settle (more if it has been present for a long time). It is important to keep your body hydrated to help you heal and function effectively. Try to avoid tea, coffee and sugary drinks as these can increase rather than reduce inflammation.
- Apply ice for 15–20 minute periods in the first 24–48 hrs after an injury. During this initial inflammatory timeframe, using ice every couple of hours will help. You can reduce it after this time.
- Avoid constipation. This may seem like an odd piece of advice, but straining on the toilet can aggravate lower back problems. Some medication can make you constipated. Drinking plenty of water and eating healing whole foods can help.
- Try not to sleep on your stomach as this places extra strain on the joints and muscles of the spine and pelvis. Sleep on your side with one or both knees slightly bent, or on your back. You can then place a pillow under your knees to relieve any extra strain on your back. Try to sleep in a firm bed. To get out of bed, turn on to one side (your body will tell you which one is best!), push yourself into a sitting position, swing your knees off the bed, place feet onto floor and then stand up. And keep your back straight!
- Ideally, you should use a supportive neck pillow while sleeping. An alternative is to roll a towel up and place it in your pillowcase on top of your pillow. This roll acts as a support for the curve of your neck. Ask your chiropractor for a demonstration of this. The number of pillows you use depends on the shape of your neck. You should wake feeling refreshed with no stiffness in your neck (normally!). If you don't, you may need to alter the type or number of pillows you use.
- When lifting heavy objects, bring objects close to you and try to use your legs to lift. Squat down, using your knees and strong leg muscles, not your back when lifting.



- Try not to carry heavy bags. If you need to, carry them on alternate sides or use a trolley.
- Try not to stand for long periods or with your knees 'locked' back. If you need to stand, try to keep one foot on a low step or stool – this will relieve backache.
- Try not to cross your legs at the knees – as well as putting strain on your circulation this also stresses your lower back.
- Sitting for long periods of time can increase the pressure through your lower back by as much as 7 times compared to laying down. Make sure you get up and move frequently. Avoid soft seats or sofas – sit on something with a little bit of support so you don't slouch into the seat.
- When putting on your shoes, socks, underwear or trousers, sit down or lean against a wall to remove unnecessary strain from your lower back. High heeled shoes will also throw extra strain through your lower back and general posture. Comfortable flat shoes will help.
- A soft collar can encourage your neck muscles to be lazy. Ask your chiropractor if the use of a soft collar is necessary in your particular case. Unless you have instability in your neck – a fracture or a sprain, these are generally unnecessary. Remember that as much as it may be uncomfortable, with simple mechanical problems of the spine, movement needs to be maintained.
- Do not drive your car!!!! This may seem obvious, but if you can't move without discomfort then you are endangering yourself and others when behind the wheel. You won't be able to move freely or react properly in an emergency.
- Do your exercises as prescribed. It is hard not to want to do more, but overdoing things can hold back your recovery and eventual improvement.



70% of our body is water! For our body to function correctly, we need to replace the water we use to carry out normal bodily functions. Our bodies can survive for about 5 weeks without food, but only 2 days without water. When you feel 'rough' or lacklustre in the mornings, it is quite often your body's cry for water rather than food.

By the time you feel thirsty, you are already very dehydrated.

Water

Most people are in a constant state of dehydration which has been linked with reduced energy levels, poor skin (including acne and eczema), headaches, constipation, decreased immunity and reduced ability for clear thinking and decision making. Studies have shown that children who do not drink water in the morning score lower on average in exams and tests than those who were given water.

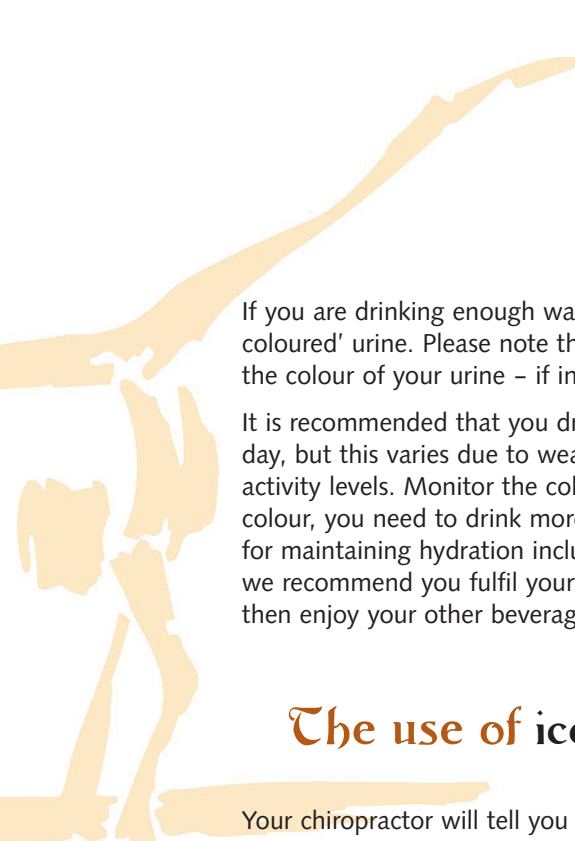
Water helps digest food and eliminate waste more efficiently. It helps to eliminate toxins and poisons such as nicotine and caffeine, pollution and drugs. If there is not enough water in our body, it seals any toxins within our cells and fat, and retains waste fluid for emergency use (fluid retention). Constipation is often the result of dehydration as there is insufficient water in our bowels to soften stools.

Anything which is not pure water (such as alcohol, tea, coffee and carbonated drinks) needs to be processed by the body to extract the water it needs. Drinks containing caffeine such as tea, coffee or cola drinks actually flush water out of our bodies. This results in more water going out than you are putting in. Even hangovers are caused by dehydration as alcohol flushes water out of our bodies.

Carbonated drinks (including sparkling water) contain a certain amount of salts (sometimes labelled as 'mineral salts'). Mineral salts in our food and drinks have been linked with the formation of kidney, bladder and gall-stones, high blood pressure and fluid retention. These drinks have also been shown to cause calcium to 'leak' from our skeleton and may be linked with Osteoporosis.

The two centres of the brain that control appetite and thirst are very closely linked. You may therefore think you are hungry when your body is simply asking for water. Try having a glass of water first then check if you are still feeling hungry.

In-flight dehydration is one of the most serious hazards of long-distance flying. Drink at least a glass of water every hour that you are travelling. When you arrive, take a bath or dip in the pool to help your body re-hydrate.



If you are drinking enough water you will have very pale or 'straw coloured' urine. Please note that some medications and food can change the colour of your urine – if in doubt... ask!

It is recommended that you drink between 1.5 and 2 Litres of water every day, but this varies due to weather, environmental factors and your activity levels. Monitor the colour of your wee. If it starts to darken in colour, you need to drink more water. Although current recommendations for maintaining hydration include other beverages such as tea or coffee, we recommend you fulfil your body's requirement for water with water... then enjoy your other beverages in moderation.

The use of ice and heat

Your chiropractor will tell you if the use of heat or ice is appropriate to your case.

Ice is a wonderful anti-inflammatory aid. If used correctly, it has very few side effects! A bag of frozen peas works just as well as a commercial cold pack. Wrap the pack with a cloth to avoid burning your skin. Place the icepack over any areas of heat (inflammation) or where you have been adjusted and leave it for 10 minutes. Remove for 10 minutes and then reapply for another 10 minutes. This process can be repeated throughout the day as necessary.

Heat is excellent for reducing muscle soreness, but be careful not to apply it over areas of heat (or inflammation). Like the ice, you need to wrap your hot-water-bottle or heat pack before you apply it to your skin to avoid burning yourself. You can then apply it for 10–20 minutes as long as you are comfortable.

If either method produces discomfort please stop application immediately and talk to your chiropractor for further advice.

As much as you can, avoid rubbing, poking or probing your symptomatic areas or where you have been adjusted. This can aggravate the problem and stir up any areas of inflammation.

We hope the information in this brochure is helpful. If you have any concerns, please get in touch. And always remember the 3-day rule... any problem or niggle that lasts more than 3 days is worth bringing to us for a check.



Getting in touch

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