

# Cashin Chiropractic PC

## YOU HAVE JUST RECEIVED YOUR FIRST SPECIFIC SPINAL CORRECTION

Your first few visits will produce some dynamic changes in your spinal structure and some evident changes in your physiology and body chemistry. It is therefore quite possible you will experience some sensations of which you should be made aware.

Within the first 72 hours after today's initial correction, the following are not uncommon:

- Slight dizziness
- Headache
- Fatigue
- Shooting pains in the proximity of the area corrected
- Nausea
- And in some instances...an increase in your original symptom

These things are due to the re-adaption process that is taking place within your spine and your nervous system.

### THIS IS NORMAL AND SHOULD NOT BE CAUSE FOR ALARM

As your spine begins to normalize and your system begins adapting, you may notice that your symptoms come and go.

### THIS IS ALSO NORMAL

As explained in your oral report, you need to be treated more frequently in the beginning to achieve maximum results in the shortest time possible, just like going to the gym to try to get in shape. Once your condition shows evidence of improving (as demonstrated by periodic re-examinations) the frequency of your visits will be reduced until only infrequent periodic maintenance visits will be all that is required to keep you feeling and looking your best. When normalization and stability become constant...lasting improvement of your health problems will be the final result.

In the beginning stages of your treatment we suggest:

1. No sleeping on your stomach
2. No heavy exercise
3. No stretching beyond the normal reach
4. No lifting heavy loads
5. No working or lifting overhead
6. Use common sense if attempting heavy work such as mopping, yardwork, etc.
7. Use a custom cervical tension pillow to stabilize your head in a level position while sleeping.

*"MY MISSION IS TO CREATE A WORLD FREE FROM  
SUFFERING BY HEALING MYSELF AND OTHERS."*

*DR. ZACHARY P. CASHIN*

## SUGGESTIONS TO FOLLOW DURING SPINAL CORRECTION

1. Avoid rubbing, probing or poking in the areas we adjust.
2. Avoid sudden twists or turns of movement beyond normal limits of motion, especially the neck.
3. Watch your posture at all times; stand tall, sit tall, sleep tall and THINK tall!
4. Conscientiously do all recommended exercises.
5. Balance your weight evenly on both feet whenever standing.

## GENERAL RECOMMENDATIONS

1. Set aside a special time each day for complete mental and physical relaxation. This is important in the restoration, as well as maintenance, of normal health.
2. When sitting, choose a chair that has adequate firmness to hold your weight comfortably, then sit straight. Avoid too soft, overstuffed chairs. Recliner chairs are acceptable if they are constructed so that when you are reclining your back is in a normal straight position.
3. 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 slow circulation to the lower limbs.
4. Be sure to get plenty of sleep to allow your body to recuperate and repair. Especially important after injuries.
5. Your pillow should be neither too high or too low. The ideal pillow is one which supports your head so that your neck vertebrae will be level with the rest of the spine. Avoid sleeping on two pillows; never lie on a couch with your head on the armrest.
6. Do not read or watch TV in bed, particularly with your head propped at a sharp or strained angle.
7. Do not sit with legs straight out, keep them flexed.
8. When riding in a car, use a low back (lumbar) support to keep curve in your lower back.
9. Avoid stooping or lifting. If you must lift, bend your knees. Do not bend forward with knees straight, always squat.
10. Do not lift loads in front of you above the waistline.
11. Avoid long standing as much as possible, but if unavoidable, place one foot on a low footstool.

## SPINAL RECOMMENDATIONS

1. Avoid wearing very high heels
2. Do not sleep on your stomach as this rotates upper spinal region and stresses back muscles.
3. Exercise programs should be suspended during initial intensive care. We will advise you when to return to normal activities.
4. WALK, WALK WALK.
5. On long drives, when the back or neck begins to bother you, stop and walk around the car a few times. This helps to take pressure off the nerve.
6. Have a routine spinal examination even when there is no pain. There are only two nerves which conduct pain: the others supply blood vessels and organs such as the heart, lungs, etc. Therefore, you can have a pinch on the nerve leading to an organ without having pain.
7. Keep all scheduled appointments.
8. Don't wait until your family and friends are sick – tell them about Chiropractic care today!
9. The position of your spine is important. Develop awareness regarding your posture and position whenever you are walking, standing, sitting, working or sleeping.

10. Men should avoid carrying wallets in their back pockets since this distorts and unbalances the pelvis.
11. Women with heavy purses should change to backpacks (which distribute the weight evenly) or at least make sure not to always carry your purse on the same shoulder.
12. Drink plenty of water every day. If you can, have a water bottle near you at home and work to sip frequently throughout the day.
13. Keep smiling! Tell the Doctor all you "wins" and communicate any upsets.

#### DO'S

1. Feel free to use your neck and head in the NORMAL range of motion; i.e., no strain on neck muscles.
2. Use your cervical pillow to support your neck every chance you get, especially before sleeping for approximately 20 minutes.
3. Use your legs when lifting heavy objects from the ground.
4. Avoid strenuous activity during the first 24 to 48 hours after the adjustment to give the ligaments time to adapt to the new positions brought about by the adjustment.
5. Maintain your health, as you would your car, with regular check-ups. Don't rely on how you feel.
6. Ask you Doctor what specific stretching exercises you can do to help strengthen your spine.

#### SHOULD ANY SPECIFIC QUESTIONS ARISE... FEEL FREE TO SPEAK WITH US PERSONALLY

Thank you for choosing us for your chiropractic care. We appreciate your trust and expect our experience with us to be a satisfying one.

#### PHYSICAL BENEFITS

- Reduces muscle tension and prevents injury
- Improves flexibility
- Increases sensory stimulation and nerve flow
- Supports internal organ function
- Decreases edema
- Eases pain

#### PSYCHOLOGICAL BENEFITS

- Heightens body awareness
- Builds trust through touching
- Encourages us to receive and enjoy pleasure
- Promotes awareness of the relationship between body and mind
- Facilitates the release of unresolved feelings and emotional blocks held in the body