

## **TREATMENT TIPS**

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- ▶ ***If you have an acute problem, ice it for about 15 minutes before you get into the office. For all new injuries ice should be used for the first 72 hours..... not heat!***
- ▶ ***If in doubt, always use ice instead of heat.***
- ▶ ***Expect to have some discomfort after the first few visits. Even a cut on your finger takes a week to heal.***
- ▶ ***Expect to get only temporary relief from the first few visits. In fact, you may even feel a little worse. Your body requires time to re-learn the proper position to be in. This takes repetition.***
- ▶ ***Understand that the longer you have had a certain problem, the longer it will take to go away!***
- ▶ ***If you are doing something that is making your pain worse – DON'T DO IT!***
- ▶ ***Most low back pain gets worse while sitting. Use a backrest or roll up a towel to keep the regular curve in your low back.***
- ▶ ***If you feel worse immediately after a treatment – tell the doctor.***
- ▶ ***If you are uncomfortable at home – keep moving! Most problems are aggravated by inactivity.***

***REMEMBER: Over 200 000 Canadians just like you visit a Chiropractor EVERY DAY and find relief. You have nothing to lose but your discomfort!***