

DO'S and DON'TS

How to properly care for the spine after treatment:

- The spine is literally the lifeline from the brain to all of the body and should be respected as such in order for it to give good service and keep the health of each patient normal. Therefore, the recommendations must be followed regularly to maintain the spine in its normal and proper alignment.
- Under the first six weeks of care, patients should try to avoid all activities that require the arms to be raised over the head for an extended period of time.
- Do not ever use the shoulder to hold the telephone next to your ear.
- Improper sleeping habits may increase spinal problems and inhibit recovery. Never sleep on your stomach at any time! You should try to sleep on your back with a small pillow under your head and a couple of pillows under your knees. If you sleep on your side, make sure you have the proper amount of pillow to keep your head and neck parallel with the rest of your spine, along with a pillow between your knees. Remember, 1/3 of your life is spent in bed.
- Never lie on the couch with your head propped up on the armrest or with the head over one pillow high.
- Absolutely no reading in bed propped up on your elbows or with your neck flexed.
- The patient should always try to stand as erect as possible with shoulders back and the head directly over the spine.
- Upon sitting, the patient should always sit in an erect position with head directly over the spine.
- The patient should never sit with legs crossed, except at the ankles.
- The patient should do no lifting in excess of 15 to 20 pounds for the first few weeks.
- Patients doing any type of lifting should bend from the knees, never from the back. Avoid lifting anything from the side; always lift with the weight in front.
- The first day only... No unilateral lifting. Use both hands when lifting on the first day.
- The patients should have a minimum consumption of 6 to 8 glasses of water each day.
- Do not push on your head the first day after your first adjustment.

Watts Chiropractic Clinic

309 Pirkle Ferry Road E-100

Cumming, GA 30040

(770) 886-7070