

The Golden Rules of **RECOVERY**

Remember that Chiropractic care is done **WITH** you, not done **FOR** you. Your level of participation will have a huge bearing on the outcomes of your care. Follow these rules for give yourself the best chance of reaching your health goals.

1

KEEP YOUR ADJUSTMENTS IN RHYTHM

Each adjustment forms the foundation for the next.
A consistent schedule brings consistent results

2

SUPPORT YOUR BODY

The build-up of stress from old habits can recreate new subluxations. Learn the keys to better sitting, sleeping and standing to help protect the changes we're making.

3

MOVE YOUR BODY

Movement is an essential nutrient for your body, so find more ways to MOVE!
Walk, run, ride the bike, hit the gym, take the stairs. Move with purpose every day.

4

BE PATIENT

Healing takes time. Muscles take 6-12 weeks, discs and ligaments take up to 6-12 months.
Go easy on yourself and give yourself the time heal.

5

NOTICE THE WINS

A healthier spine & nervous system means a lot more than just less pain. Better sleep, more energy, clearer thinking & easier breathing are just some of the changes that many of our patients report. Keep an eye out for other wins and let us know when they happen!

