



**Dr. Erin McLaughlin, B.Sc., D.C. | Dr. Pierre Paradis, B.Sc., D.C.**

8-484 Hazeldean Road | Kanata, ON K2L 1V4 | [hazeldeanchiropractic.com](http://hazeldeanchiropractic.com) | T (613) 831-9665 | F (613) 831-1865

## **The FAQ's you might have now that you have started Chiropractic care**

We often say, the best time to start Chiropractic care is right after birth. The second best time is NOW! So congratulations on beginning corrective Chiropractic care at Hazeldean Family Chiropractic! We are honoured to serve as an integral part of your health care team, and together we look forward to seeing the transformation in your health, mobility, and simply how your body functions day to day in your life.

So by now, you might have at least a couple of these very common questions running through your mind. We hope this helps!

### **1. When will my pain go away?**

The answer here is simple and yet very complicated. It could be tomorrow, next week, or next month. As Chiropractors, shouldn't we know when your body will heal? Well, really, what we know is that your body can heal. The rate at which that healing takes place depends on many factors, such as your lifestyle (what you eat, how you sleep, do you smoke, are you physically active), your compliance to your care plan, and most importantly, the severity and duration of your current problem. Your problem may have started last winter when you got rear-ended, or it may have started at birth when your head and neck were twisted and pulled. It took your body time to get to where it is today, and it will take time for it to heal.

### **2. I had my first adjustment, but my pain is still there.**

See #1 above. Some people experience instant relief of pain with one adjustment, and for others, it may take weeks to feel a noticeable difference. Both of these responses are normal, and we encourage you to have patience and follow any instructions we have given you to support your body and the healing process in between your visits.

### **3. I was sore after an adjustment. Is that normal?**

Yes. Some people, depending on the condition of their spine, can experience some mild discomfort after a corrective adjustment. You may feel sore, achy, or have a mild headache. Some have described feeling more tired than usual. These are all normal responses, and are typically very short-lived. Don't hesitate to discuss any concerns you have with your Chiropractor.

### **4. How do you know where to do the adjustment?**

This is sometimes phrased as "Why don't you ask me where it hurts?" We have already completed a very thorough analysis of your posture and an examination of your spine. We have reviewed your spinal x-rays, and we have those in view during every single office visit. We

already know what your problem is. We have already determined what adjustment you need, at which spinal level or region, and in which direction. We don't rely on the site of pain to tell us where to adjust. Pain can be misleading – but our exam and x-ray findings aren't.

**5. What exactly IS that cracking sound?**

First, let's clarify that not all adjustments will produce the audible noise that many refer to as a 'crack'. The primary technique that we use, Chiropractic Biophysics, relies heavily on our specialized adjusting tables with moving pieces and parts, as well as our hand-held adjusting instruments. But some of the adjustments do involve an audible noise that actually comes from gas inside the small joints of the spine moving as those joints are adjusted. Rest assured, the noise is not your bones cracking!

**6. Is there anything I should stop doing now? Can I still go to the gym?**

You can continue your regular activities while under chiropractic care. Yes you can still go to the gym, but please follow any guidelines we have discussed with you regarding certain postures or exercises that are not good for you.

**7. Should I go to the gym before or after I come in for my adjustment?**

This one often just depends on your personal schedule and what works best. But in an ideal world, going for a workout or even just a 5 to 10 minute walk immediately following a spinal adjustment would be the norm. The reason has to do with maximizing the good input into your nervous system. Your adjustment stimulates the cells in your nervous system called "mechanoreceptors" which, simply put, send healthy feedback to your brain from your joints, and "proprioceptors" which give your brain (cerebellum) information about posture, balance, and where your body is relative to your surroundings. Moving your body through exercise or even just walking will further enhance this good brain feedback and have a great impact on your posture.

**8. When will I start the posture exercises that you spoke about in my initial report?**

Most people can start their spinal corrective exercises after approximately 4 weeks of adjustments. That period of time allows for a lot of healing, pain relief, and improved function, all of which will make the exercises easier to do and more tolerable. If you didn't really have much pain when you started care, then you may be able to begin the exercises sooner than 4 weeks. You can discuss that with your Chiropractor.

**9. What position is best for sleeping?**

Best case here would be on your back, with just the right amount of support for the natural curve that you should have in your neck. Second best would be on your side with a small pillow between your knees to relieve any pressure on the lower back and hips. The worst possible position for sleeping would be on your stomach – it just creates way too much pressure on your neck, shoulders, and back, as well as the nerves in your neck and arms. (Ever had your arms fall asleep at night?) Your mattress should be firm and supportive, ideally with a thick pillow-top for comfort. Your pillow should also be supportive and not too thick or too thin, so that your spine can remain in a neutral position while you sleep. Remember, you are spending 6-8 hours per

night there...so make sure you aren't adding undue stress to your body by propping your neck up on 2 pillows!

Hopefully this FAQ summary helps as you get started with your Chiropractic care at Hazeldean Family Chiropractic. We're always here for you, so just let us know if you have other questions!

