

# Moliver Chiropractic

## Second visit handout

### General rules to follow:

- Use ice for 10–15 minutes on the day of your adjustment (repeat every 2 hours). The following day, use heat for 20–25 minutes (repeat every 2 hours). Continue to use heat until your next adjustment.
- Sleep on your back with a small pillow supporting your neck, and a pillow under your knees. If you sleep on your side, support your head so it is even with your spine, and slightly flex your legs with a pillow between your knees.
- Visit [moliverchiro.com](http://moliverchiro.com) for helpful information about health, wellness, and exercise.
- Feel free to discuss your x-rays, care plan, and financial options if you have any questions.

### SUGGESTIONS TO FOLLOW DURING SPINAL CORRECTION

1. Avoid rubbing probing or “poking” in the areas your doctor adjusts.
2. Avoid sudden twists or turns of movement beyond normal limits of motion, especially of the neck.
3. Avoid bending or stooping sharply to pick up objects; rather, bend your knees to minimize the strain on your lower back.
4. When lifting, keep your back straight; bend your knees and let your legs bear the strain. Hold the object lifted as close to your body as possible.
5. Participate in simple exercises to strengthen your body, but avoid jarring activities that place stress on your neck and spine.
6. 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 interfere with the circulation to the lower limbs.
7. Sleep on a firm mattress, preferably one which is neither too hard, nor too soft, but just firm enough to hold your body level while at the same time soft enough so that your shoulders, buttocks, etc. will depress into the mattress.
8. Your pillow should be neither too high nor too low. The ideal pillow is one which supports your head so that your neck vertebra will be level with the rest of your spine. Avoid sleeping on two pillows; never lie on a couch with your head on the arm rest.

### HOW SHOULD I FEEL AFTER AN ADJUSTMENT?

Because “subluxations” may impinge different nerves in different individuals, people often experience different feelings after an adjustment. For example, some people experience a feeling of peace and relaxation after an adjustment. This relaxed feeling may last for the rest of the day or the week and may lead to deep refreshing sleep. Others have felt a warm feeling flowing to various parts of their bodies that’s very soothing. Some feel very energetic and do all their chores or business that day with a light happy feeling. Other people, usually some that have been adjusted for the first time, may feel some discomfort or even soreness. They may also experience a headache or some other uncomfortable feelings. Fortunately, even those experiencing such a first time reaction to the adjustment later enjoy the feeling of well being that usually accompanies adjustment after a short period of time. Others may find their symptoms have begun to disappear, and that the problem they came to the chiropractor for, has begun to lessen after the first visit. And, there are some people who feel no different after an adjustment. That does not mean that they are not benefiting from their adjustment, it just means that they’re not feeling an external reaction.

**IF YOU HAVE ANY QUESTIONS ABOUT ANY PHASE OF YOUR HEALTH CARE,  
FEEL FREE TO ASK YOUR DOCTOR**

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