

# The Chiropractic Adjustment & The Healing Process

## Correcting Spinal Misalignments Allowing Optimal Healing

Welcome back to **TAIRA CHIROPRACTIC**. Please take a few minutes to read the following information. This will help to prep you for your second visit. Thank you.

Today you'll continue your chiropractic care. There are many misconceptions in regards to the chiropractic treatment. This results in apprehension to seeking care or fully relax during the adjustment. We hope the information will help with understanding what the adjustment is and how to benefit from every visit!

### What is a Chiropractic Adjustment?

Most think that an adjustment is just a “cracking” of the neck and/or back. Many people come to realize that it's actually not a “crack” of the bones, but a “pop” or release of pressure from the joints. It's like hearing the pressure release from a soda can. The adjustment can be performed with a combination of a hands-on techniques and/or instruments to balance the spine and muscles against gravity allowing optimal nerve flow and circulation.



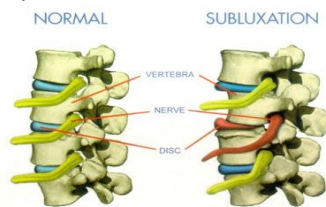
### Helping Others Understand the Adjustment



We ask one favor of you when talking to others about your chiropractic care. Most people will call the adjustment a “crack” because that's what it sounds like. But, if you're looking to help loved ones feel better, consider using **“adjustment”** or **“alignment”**. This allows those that haven't had an adjustment to be less apprehensive to something that could dramatically change their health. We thank you and they will too!

### How does the Chiropractic Adjustment Work?

The adjustment is focused on correcting spinal misalignments and reducing muscular tension. Decreasing the tension of the spine and muscles restores the nerve flow and circulation aiding the body's ability to heal and function properly.



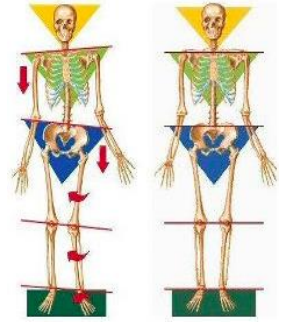
### The Body's Healing Abilities: Key Factors

- 1. How severe the problem is.** The more severe a problem is, the longer it takes to resolve. Severe traumas also take longer.
- 2. How long the problem has been there.** It takes longer to resolve long-standing problems that have been neglected.
- 3. Your health status and lifestyle.** People who are in better physical condition with a healthier lifestyle often heal faster. Sedentary lifestyles tend to have bodies that respond slower.
- 4. Your age.** Our healing potential often diminishes with age. There are exceptions for those who have taken on a healthy lifestyle.
- 5. Your optimism.** It's been proven that those with a positive outlook heal faster. So, stay positive!

## No Changes or Changes Didn't Last

Spinal misalignments and muscular tension builds over time from past injury and/or more commonly repetitive postures and motions. Some problems require more time for the body to heal optimally depending on your body's healing abilities.

If your symptoms have not changed just yet or the changes were short lived, be patient with your body, stay consistent with your care, and consider the recommendations from Dr. Taira such as **stretching/exercises, work/sleep positions, and posture awareness**. Correcting the spine's alignment and muscle tension will improve with time and changing daily habits.



## Functional Changes

As nerve and muscular tension decrease and symptoms reduce, you may notice functional changes. These changes include improvements in sleep quality, work and exercise performance, posture awareness, and optimal energy and concentration. Functional changes are a true sign that the body is progressing! We'll be checking in with you on these aspects.



## Tips to Optimal Healing

Here are some tips to maximize your body's ability to heal:

1. **Consistency of Care** – Stay on track with your adjustments, the recommended plan is aimed to get you pain-free quickly.
2. **Stretching** – Stretching is more about doing it consistently and properly rather than how intensely you stretch.
3. **Proper Sleeping Positions** – Set yourself up in proper positions to sleep comfortably and wake up pain-free.
4. **Improve Work Ergonomics** – Proper sitting and ergonomic set-up is critical to feel comfortable throughout and at the end of the day.
5. **Increase Daily Activity** – Movement throughout the day is vital. Your spine, joints, and muscles thrive with activity.
6. **Exercise** – Daily or regular exercise improves muscle stamina for posture and muscle stability for proper mobility.
7. **Remain Positive** – A positive outlook aids in a healthy mind and body to optimize healing.

