



— TURNING LEAF —
CHIROPRACTIC

Turning Leaf Chiropractic
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What to Expect After Your First Few Adjustments...

1. **Some people actually feel worse.** The adjustment affects the vertebra and muscles of your body in a way they aren't used to yet. It is the same process that makes you stiff or sore after exercising or working in the garden.

If you do experience any stiffness or pain, we recommend:

- * **Use an ice pack** - Cover the pack with a thin towel and place on the affected area for 10-20 minutes. This can be done every hour as needed.
- * **Increase your water intake** - Dehydrated muscles are more likely to feel stiff.
- * **Stretch** - Stretching increases your range of motion and decreases the tension in your muscles.

2. **Some people feel immediately better.** Even though a decrease in pain is welcomed, be sure not to confuse feeling good with fixing the underlying problems.
3. **Most people feel no immediate change.** Chiropractic is not a quick fix and the problems within your nervous system have been there for months, sometimes even years. The good news is that instead of covering up your symptoms with a drug, adjustments are helping your body correct the subluxations!

*Regardless of your response to your initial adjustments, we hope you'll give your body time to fully heal. Join the millions who have enjoyed relief and better health without drugs or surgery!

**If at any time during your care you have concerns, please be sure to address them with
Dr. Jill, Dr. Betsy, Dr. Emily or Dr. Heidi.*

Thank you and welcome to chiropractic!