



complete chiropractic

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What to Expect After a Chiropractic Adjustment

If you've been experiencing back pain, aches, migraine headaches and other physical ailments that are affecting your health and well-being, it may be time to see a chiropractor. Chiropractic doctors work to restore spinal alignment; a misaligned spine may be triggering the pain reactions you are experiencing, and the chiropractor can work on different areas of the back and muscle groups to improve the condition.

While the adjustment process itself isn't very painful, many people experience some effects for hours and days after the treatment. Dental braces often hurt worse due to realignment and change being greatest in the beginning. The adjustment creates change that the body has to learn to adapt to. Here's what you can expect after your first chiropractic adjustment:

Common Effects After a Chiropractic Adjustment

There are dozens of different types of chiropractic adjustments that can be performed, and the chiropractor may not even touch the area that is causing pain. This is because chiropractors work primarily on the spinal column, and will manipulate and massage only the areas that are connected to the problem areas. The adjustment is often responsible for triggering the following responses and effects:

- Muscle aches
- Soreness
- Muscle tenderness
- Slight swelling
- Redness

You should not see any visible bruises, or significant swelling that lasts for more than 24 hours after the treatment. Adjustments that have not been performed properly may result in excessive swelling of the tissues, soreness and tenderness. If you do experience any of these problems in the post-treatment phases, you should make an appointment to see the chiropractor immediately for an evaluation.

Please sign stating that you have read and understand the above

Signature Of Patient

Date