



## WHAT HAPPENS NEXT?

By Craig Osborne, Chiropractor © 2010

### Firstly a welcome!

I'm excited that you've chosen a natural approach to improving your health. The non-invasive approach with chiropractic has been shown to be effective for many conditions, and with very low risk of complications or adverse reactions, especially compared to some traditional methods of health care.

### The most important thing...

Whether your problem has come about due to an accident, or it's the result of built up stress and tension, the predominant underlying issue is that you have a functional problem with how your spine and nervous system works.

So although you have some specific symptoms that have motivated you to seek care, and our initial focus is to make sure these symptoms abate as quickly as possible. It is more than likely that the problem has been festering for some time and this means correcting the problem will take longer than perhaps you expect.

Most people seem to think of chiropractic as cracking bones or joints. What is actually does is provide fresh input in the nerve control patterns of the part of your spine that isn't moving correctly. If it didn't do this, you probably wouldn't feel any benefit.

Please remember that pain is usually one of the last symptoms to appear, and reflects your body's inability to deal with something and is asking for HELP!. But is also one of the first symptoms to go. Being pain-free is NOT a good indicator that your problem is resolved. And too often the message from doctors and pain medication is that this is what you need to know that it is fixed—wrong!

### What happens next?

In response to today's treatment, I

can't predict exactly how your body will respond, hopefully it will be with relief of symptoms, but sometimes there is resistance to change and some unsettling as the healing process begins.

A 'reaction' is the body's response to a chiropractic adjustment. The adjustment enables the spinal column to realign and normalise itself. Following an adjustment, irritation of nerves is reduced, muscle tone settles down, discs are reshaped and can therefore provide better cushioning between the vertebrae, and there is reduced tension on cartilage and other soft tissue.

A reaction most commonly occurs between the first and tenth adjustment, but may vary between individuals and vary depending on the severity of the problem. If or when a reaction occurs, it may last from one to several days, but in the vast majority of cases it will diminish within 1-2 days. Almost half of all new chiropractic patients experience reaction, so if it happens to you there

is no cause for alarm.

How long it takes to 'fix' your problem depends on your definition of 'fix'. Severe problems and long standing ones should start to change after 2-3 weeks of care. Uncomplicated problems often start to improve immediately. My intention is to be as honest and open with you as possible about treatment options and expectations.

If at any stage you are unsure about what is happening, please don't hesitate to call me on my private mobile 04 000 789 22

### Things to think about..

A chiropractic clinic is a place of collaboration, and of using different tools to fix things. For me to help you I need to know what your goals are with your body, and your aspirations for better health.

As you become aware of what chiropractic can offer, you'll often realise that others can benefit too, so please tell them about Thrive.

