

Now That You've Had Your First Adjustment

Congratulations on experiencing your first adjustment at our office! Your subluxations have most likely been present for some period of time before today's adjustment. As a result your body and mind may have become accustomed to behavior patterns produced by a nervous system which was not working at its best.

Change has already begun with today's visit

You may notice that your breath has deepened, or a change in the position of your neck or head. You may feel "decompressed" or simply notice you're standing taller; a change in your symptoms or increased ease within your being. Perhaps you are not quite sure what you feel. Many patients within the first few weeks of adjustments are aware of their spines' release of tension and the beginning of healing.

Perhaps you had an ailment, pain, or symptom you were hoping would resolve when you consulted me. You may be wondering how the adjustment is affecting that particular region of your body that concerns you.

The adjustment has allowed your spine and nervous system to begin to recover from nonproductive patterns of behavior and to dissipate energy that has been stored within the spinal system. The adjustment is achieved as a result of your body beginning its reeducation process. Your spine and nervous system are able to better express spinal stability and integrity. You are awakening right this moment. From this moment on, a healthier spine and nervous system and an improved quality of life is within your reach.

What happens next?

All this and more has already begun to happen. Consistent adjustments will help this process to continue. Consistent care will enable you to reduce re-injury, enhance self-correction and allow for a greater communication between your brain and body cells. A spine and nervous system which has regained its integrity is more flexible, recovers and learns from the past, and adapts to (deals with) the present more effectively and constructively. Chiropractic, as I practice, offers you and your family the opportunity to improve your quality of life as measured through a wide range of health indicators.

As your chiropractor, the more significant change I can initiate in your spine and nervous system in the initial phase of care, the more effective your healing can be.

As you recover, your body may retrace some of the memory patterns of stresses to the spine and nervous system you've experienced. This means that your body may be aware of old injuries, symptoms or ailments, as it corrects subluxation patterns.

Common recovery includes changes in breathing patterns, elimination, digestion, or sensory perceptions such as tingling, warmth, and itchiness. You may also notice blood pressure and hormonal changes, or symptoms such as fever associated with your body "cleaning house."

The presence or severity of these symptoms, or any other symptom in and of itself does not necessarily mean that you are better or worse. Symptoms can have many meanings. The reducing of subluxation patterns, and the accompanying increased ease and improved spinal function is an indication of the positive changes you are achieving.

As tension releases from your spine, it is common for some people to have an emotional discharge. Emotions may naturally gush forth, freeing you from their weight and control. Laughter and tears are common in people of all ages, as subluxation patterns are eliminated. The power of the chiropractic adjustment is in you, and as Michelangelo stated about the beauty of his statue of David, "He was there all the time, he just had to be freed." For best results, the initial commitment to yourself is three times a week. This consistency of visits is most essential during the first part of Care. Within the first month, you will complete a reassessment questionnaire and we will discuss your progress towards a healthier, happier spine and nervous system.

Your re-evaluation will utilize a wide variety of health related quality of life indicators. Your adjustments will vary from visit to visit as you progress through this and each level of your healing process.

We look forward to initiating the process of growth, health and development through the correction of vertebral subluxations in you and your entire family.

We congratulate you on your decision to become a member of this practice.

Welcome!

-Dr. Lewis J. Arrandt