

## Your first treatment

When you have received your first treatment you should expect to notice changes taking place. Some people immediately feel more flexible and energised while others feel more soreness and want to rest. Some ache or soreness is to be expected as and when the joints begin to maintain greater flexibility thus stretching the muscles and ligaments forcing them to adapt a new greater range of movement. It is a similar adaptive process which happens when taking up a new physical activity or pushing oneself beyond your current 'comfort zone'. Any change at this stage is positive as it shows your body is reacting to the treatment. If you don't sense any immediate change that is ok – we expect you soon will.

## What to do after treatment

- 1) The area(s) you have had treated is often where tissues is inflamed. An icepack wrapped in a light cloth applied for five to ten minutes reduces swelling. Use it up to once per hour or as directed.
- 2) Keep active. Walking is better than standing and lying is better than sitting. Do not start any new exercises or activities as your body needs to heal before you can strengthen it.
- 3) Drink water when thirsty. Your body needs no other fluid than water.
- 4) Get enough sleep. Not getting enough rest when trying to heal delays your recovery.

Get ready to get better. Having been accepted for treatment means that we are confident you will respond to the care we provide. Our commitment is to help you back to better health in the quickest possible time, so follow our recommendations.

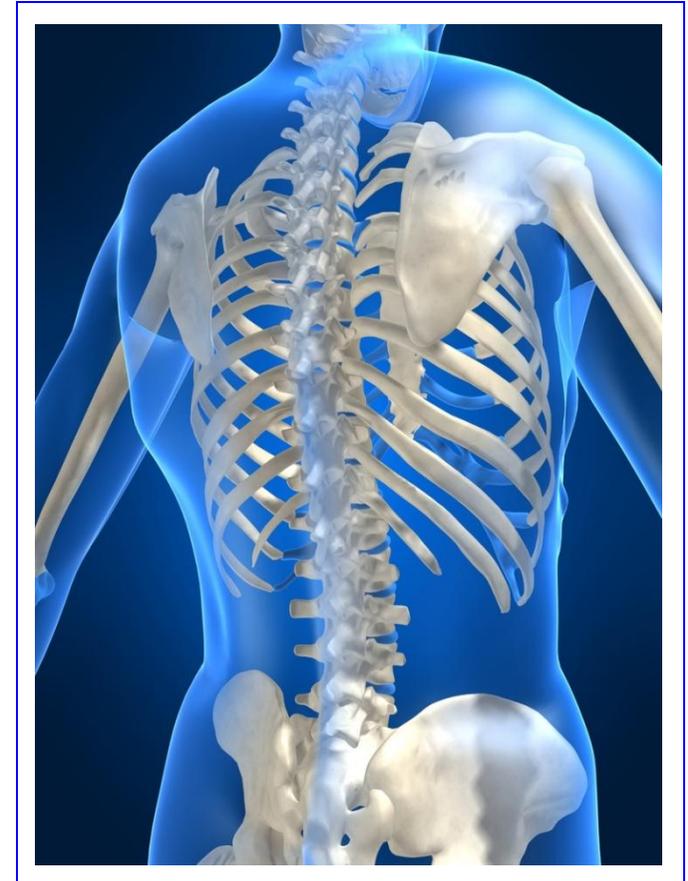
At **best practice chiropractic** our purpose is to help as many families as possible achieve optimal health by providing advice, giving chiropractic treatment and encouraging a physically active life.

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**chiropractic**

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# STARTING TREATMENT



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## You and your nervous system

Most people have been led to believe that eating nutritious food including five fruits and vegetables a day, drinking 3-4 pints of water, getting adequate sleep, avoiding smoking and excessive alcohol consumption and doing at least half an hour of exercise three times per week will keep them healthy. These may all be good habits, but if your nervous system is not functioning optimally your health won't be either, as every part of your body is under the full control of your nervous system.

## Your nervous system

Your genetic coding has over millennia evolved for one thing and one thing only – Survival. It wasn't programmed to make you sick or diseased. While there are genetic diseases which limit an individual's health expression each individual still has the potential for recovering when affected by viral, bacterial diseases or if they have suffered injury or trauma such as a broken bone or cuts and grazes.

Your individual genes and nervous system are programmed for health, healing and recovery and will manifest health and well-being all the time unless the delicate balance of the system is interfered with. This is what we call normal health but scientists call homeostasis.

Less than 10% of your nervous system deals with pain. That means that more than 90% of your nerve function may not give you feedback that alerts you that something

being wrong. A well known example is when you are about to get ill. You will often have 'a sixth sense' that something isn't quite right, but it isn't until the infection reaches a critical point, your temperature begins to elevate or a rash breaks out that you are certain that something is not well, yet you may not necessarily experience pain.

If your posture is out of balance - your spine is out of balance and that will interfere with the correct loading of your joints, muscles and nerves. The most common source of spinal imbalance is physical injuries, emotional stress and postural habits.

## The importance of a correct posture

We all know that there is a lot more to good posture than looking good and feeling more energised. That is why we quickly notice when somebody's posture is poor or if they do not move symmetrically.

From behind your spine should be perfectly straight with each of the 24 vertebrae positioned precisely on top of each (fig 1). Looking at the spine from the side there should be three spinal curves which have evolved to give the spine the strongest defence against gravity and weight loading (fig 2).

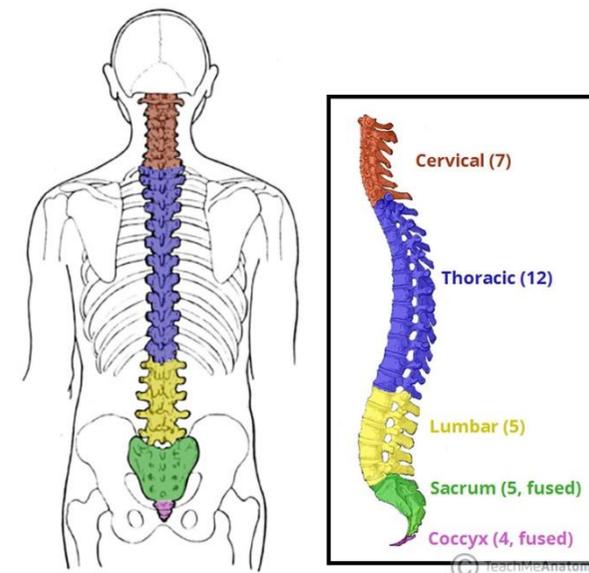


Fig 1

Fig2

## Vertebral Subluxation

When spinal vertebrae or other joints shift out of normal alignment it forces muscles, ligaments and bones to adapt. This is what has been termed VERTEBRAL SUBLUXATION.

Over time muscles fatigue, get tight and knotted, ligaments shorten and bones begin to change shape and movement becomes impaired and leaves you more prone to repetitive strain injuries and developing degenerative changes like osteoarthritis.

Subluxation changes can cause pressure and irritation to your nerves and be a central part of you experiencing problems with your health (ref. M Gatterman, Mosby).