



Congratulations on your decision to undergo Decompression Therapy!

As we discussed in your evaluation, this is a commitment to changing the way you hold your body. This will be achieved by the therapies you receive in our office, but also by honest self-evaluation and changes in posture, exercise, nutrition, and attitudes about health. Not all of these changes will be easy, but often life changes are necessary for a good long-term prognosis.

The beginning of the protocol will be primarily passive treatment, chiropractic and decompression therapies.

The following are things to keep in mind:

- Keep your schedule light. Avoid unnecessary travel and chores.
- BENDING, LIFTING, and TWISTING are NOT your friends; especially while we are making these changes.
- When you come for your appointment, wear comfortable clothing, try to avoid jeans and big belts. The Velcro on the table tends to cling to knit fabrics, so dress accordingly.
- Plan to use this time for quiet restorative healing, avoid working and playing on smart phones during the therapy; however, headphones and music are often a nice addition to the treatment.
- For patients being treated for low back conditions, avoid big meals for a few hours before the treatment.

There may be some slight soreness in the first few hours after your decompression therapy, especially at first. Allow this to serve as a reminder that we are changing your spine. Soreness is an indicator that we have affected muscles which aren't used to this type of movement. Also, remember to keep your spine as neutral as possible. Treat the sore area with ice for twenty minutes as needed for pain. Please call the office if pain is severe. **DO NOT USE HEAT** on your back or neck, this includes hot baths, hot tubs, car seat heaters and hot pads; heat creates too much relaxation of supportive muscles.

After a few sessions we will start the more active portion of your treatment. Except for some training and rechecking, most of this work will be done at home. This **MUST** become part of your daily routine. Most of these exercises are not difficult, but don't allow yourself to think that because they are easy you do not have to do them. We are working small muscles; it is natural that working them will not feel the same as working large muscle groups. Walking is the best exercise for your while undergoing this treatment. Please avoid weights and other uneven load bearing exercises.

Remain hopeful. Hope creates hormones which are beneficial to healing and pain control.

We are here to help, so please let us know what questions and thoughts you are having through this process.