

DOs and DON'Ts while treating in this office

DOs

1. Protect the area that you are having trouble with.
2. Rest! Your body needs its energy to help heal. This is the time to slow down and make certain that you are not forced to push yourself.
3. Use ice or heat on the area (as explained by the doctor). Use them for **10 minutes** at a time **every hour**.
4. Sleep on your side or on your back with pillows underneath your knees.
5. Follow these sitting recommendations:
 - a. Adjust chair throughout the day.
 - b. Take a break from sitting (after 50 minutes of sitting).
 - c. Take an exercise break.
6. Avoid twisting of the lower back.
7. Write down any questions you may have for the doctor so you can make sure you get them all answered at your next visit.
8. Get involved in your own health. Ask questions, follow directions, and do home exercises. This is your body; take control of it.
9. Continue to follow other doctor's orders or prescriptions.

DON'Ts

1. Do not over do it when you start to feel better. The best way to ensure a relapse is to go back to normal activity because the pain is gone, while the area is still unstable. The doctor will be sure to tell you when you are ready.
2. Do not bend first thing after rising from bed.
3. Do not over use heat or ice. 10 minutes is sufficient and should not be exceeded.
4. Do not sleep on your stomach. Sleep on your side or on your back (with appropriate support, cervical pillow, etc.), not on your stomach, which can cause excess strain on the low back and the neck.
5. Do not poke or play with the area adjusted or try to adjust yourself.
6. Do not hesitate to ask any questions you have; that is why we are here.