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General Care for your Back Pain

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GENERAL CARE FOR BACK PAIN

1. In getting up off a bed or treatment table, first take a deep breath and hold it. This supports the back during trunk twisting and tends to help hold treatment corrections. Do this at all times when bending the back for next 24 hours or as long afterward as there is back discomfort or a feeling of some "weakness." Do this when rolling over in bed, getting in and out of a car or chair, stooping over, etc.
2. Avoid sudden bending and twisting movements of back. Also avoid bending and lifting activities that are not very important; and then only do these with a deep breath being held while bending at the knees and keeping the back straight. The greater the amount of soreness the more important is lying down and resting for 24 hours after treatment rather than walking, standing, or sitting.
3. Avoid "testing" joints, by bending and twisting, etc., for the next 24 hours. Let spine remain "as it is" after treatment as much as is practicable. A tendency for a reoccurrence of muscle tensions and "spasms" pulling on joints is still present and excessive movements may irritate and increase stiffness and soreness or cause severe painful "muscle spasms."
4. Avoid chills, drafts, cold and wet as much as is practicable. (When walking, sleeping, driving, etc.) Sleeping with windows closed during chilly or damp evenings also helps to avoid this tightening of muscles, stiffness, soreness and pain that chills and drafts can cause.
5. You will likely still feel soreness and stiffness in the back muscles, and especially so on arising at first in the morning from the stretching of muscles and ligaments in the correction treatment. Analgesics, a hot tub bath, heat, muscle ointments, liniments and massage will help reduce this.
6. Heating pads, heat lamps and hot water bottles as warm as "feels good" are beneficial but do not leave heat on longer than one hour at a time. Too long heat can cause congestion and more stiffness and pain.
7. A board between the mattress and springs of a bed that sags uncomfortably will help support spine with greater comfort.
8. Take any medicine that doctor recommends regularly until told to stop or if adverse reaction.
9. Take a plain water enema or effective laxative if you are not having satisfactory bowel movements.
10. Report to the doctor if there is any question as to whether or not you are feeling progressively better and staying better. There is likely more that needs to be done for you, if this is so.
11. Report all other symptoms, body ailments or health complaints to the doctor so you can be helped as much and as much and as rapidly as possible.
12. If there are any questions, confusion, or if you do not understand something you wish to know about your condition, feel free to ask the doctor.
13. See the nurse or secretary for your next appointment or instructions.

KEEP THESE INSTRUCTIONS AND REFER TO THEM IF NEEDED AT ANY TIME IN THE FUTURE. THEY ARE APT TO HELP YOU BY REMINDING YOU AND CONSEQUENTLY SAVE YOU SOME MEDICAL CARE.