



ORLANDO SPORTS CHIROPRACTIC

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Chiropractic · Massage · Acupuncture · Nutrition · Chinese Medicine · Exercise Therapy

WHAT TO EXPECT AFTER YOUR FIRST CHIROPRACTIC ADJUSTMENT

- Your body will feel different.
- Most patients experience temporary soreness. This is Delayed Onset Muscle Soreness (DOMS). This soreness is similar to what is felt after working out or activity.
- The symptoms you are experiencing may or may not be better or worse right away. It is important to understand that healing is a process and although your symptoms may have come on suddenly, the problem is usually much older and takes time to stabilize. Rest assured that with your treatment, your body has begun to heal.
- You may develop other increased symptomatology as your body enters a state of detoxification. These experiences are normal and different for everyone and depend upon your individual state of health. If you have questions about how your body is reacting, please do not hesitate to ask.
- You may feel as though you can perform activities you weren't able to before. It is recommended that you avoid new/more activities until there is objective stabilization. We can work together toward increased activity levels slowly.
- After a few days or weeks with proper treatment, your body will be able to start healing the areas that were blocked from proper communication with your nervous system.

Please be sure to follow your doctor's recommendations for healing and let us know right away if you have any questions or concerns.