

Crellin Chiropractic Pain and Injury Center

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While relief of your symptoms after your first treatment is quite possible, more often than not, complete lasting relief requires a series of treatment which build on each other to maximize your healing potential. Cooperation in abiding by our post treatment instructions for home care is very important in order to prevent any delay in your recovery. You should be aware of the following:

1. Initially, you may feel some increased soreness or achiness several hours after your treatment. Often, the soreness is greater a day or two after treatment (similar to exercising for the first time in a while). This is normal and to be expected. If needed, application of ice packs as well as the use of over the counter anti-inflammatory medication (Advil, Ibuprofen, Motrin, Aspirin or Aleve) helps control these normal treatment reactions.
2. Soreness and achiness after treatment generally lessens after each session and is normally completely gone by the third to four visit. That is when you will generally begin to feel considerable relief. Before that, the post treatment soreness and achiness can mask the relief from your original pain.
3. Rest after treatment is important for healing. While the demands of modern society do not always allow, please try to schedule your appointments so that you allow time to rest after your visit. Let the treatment “settle in.”
4. When you start feeling better, avoid the temptation to return to normal or restricted activities until the doctor gives his okay. Patients often return to normal activities too early causing them to exacerbate their condition. Remember, just because you are feeling better does not mean the tissues are completely healed and are just as strong as they were before you injured them. Ligaments can take three to six months or more to recover 100% strength.

If you have any questions, please do not hesitate to ask. We want you to get the most out of your chiropractic care.

Here's to your health,

Drs. Andrew and Alex Crellin and staff