

What to do after treatment



Avoid rubbing, prodding or probing the areas adjusted by your chiropractor.
Avoid any sudden twists or turns - any movement beyond normal ranges of motion, esp. involving the neck.

Avoid extreme bending of your spine in any direction. Avoid over stretching, reaching or other overhead work.

Be especially careful when brushing or shampooing your hair.

Avoid bending or stooping with your legs straight, rather bend your knees to minimise strain on your lower back.

When lifting things, keep your back straight but bend your knees and let your legs carry the weight. Hold the object as close to your body as possible.

When bathing, sit rather than recline in the bath. Lying in the bath can cause a vertebra to slip out of alignment and it is preferable, if you wish to relax, to rather do so by lying in your bed.
Participate in certain conditioning exercises to strengthen your body, but avoid anything jarring which may place stress on your neck or spine.

Watch your posture at all times - stand, sleep and think TALL!

How to set up your work space

Arranging your office

Your lower back should be hollow and your chair should support your lower back. Your lumbar spine and pelvis should be at 90°. Your knees should be at 90° and your thighs should be horizontal. Your elbows should be at 90°. Your shoulders should be relaxed and don't lean forward. Your feet should be flat on the ground. If it is impossible to do so get some kind of foot rest to raise your feet.

The top of your computer screen should be slightly below your eye level. Your eyes should be between 45cm and 70cm away from your screen. You might need some props to raise the monitor to the correct height.

Make sure there's enough clearance under your desk to comfortably accommodate your legs.



Avoiding fatigue

Change your seated position, stand up, or stretch whenever you start to feel tired. Frequent short breaks are helpful in reducing fatigue.

Allow adequate workspace so that you can use your keyboard and mouse comfortably. Place papers or other items so you can view them easily while using your computer. A document stand may make reading papers more comfortable.