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702 286-9040**

## **WHAT TO EXPECT AFTER YOUR FIRST CHIROPRACTIC TREATMENT**

1. If you have never been adjusted, or if it has been a while since your last adjustment, you may experience soreness or discomfort for a few hours to a few days. This is a normal reaction to chiropractic treatment.
2. If you are sore, use ice packs on the affected area. Ice therapy consists of the use of ice packs at 20 minute intervals, followed by one hour rest. This can be repeated as often as needed. Do not apply ice directly to bare skin. Always protect the skin with a covering such as a towel. Cover the ice pack with a thick towel to retain the cold.
3. Do not use heat except under the doctor's instruction. Heat may aggravate your injury.
4. Stay away from heavy lifting or repetitive movements until the doctor indicates you are ready for normal activities. Strenuous athletic activities such as running, lifting weights, impact aerobics, racquetball, tennis, etc. should be avoided. Other things to avoid are yard work such as raking, digging, lifting heavy objects such as groceries, pets and children and any other activities that could aggravate or re-injure your condition.
5. Unless indicated by the doctor, you may return to work/school after your appointment.
6. If a sudden movement causes sharp or severe pain, or if you experience swelling, contact the clinic at 702 286-9040.

I have read and understand the above instructions.

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Patient Name

Patient Signature

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Date