

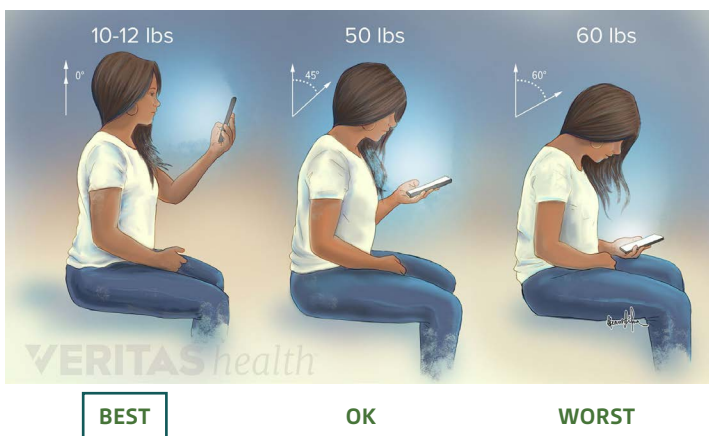
## Acute Care Instructions

Thank you for choosing Moesenthal Chiropractic. After treatment, we recommend that you *stay hydrated* and *keep moving*, although you should avoid movements that cause you pain or discomfort. It is common to feel sore for a day or two after your treatment. The following are tips to help you heal faster.

### 1 AWARENESS. Every movement you make can help or hinder your healing.

Say yes to movements/postures that decrease your pain, say no to movements/postures that increase your pain. Remember better posture = less stress to your tissues! Stand in a doorway, chin retracted, eyes looking straight ahead. Notice your low back and neck curves. You want to place your head "on top of and in the middle of" your two shoulders. Turn your palms facing outward. The shoulders should be in line with your hips. You want to have a slight bend to your knees with your weight in the middle portion of your feet. Holding on to the doorway with your palms out, try to stand on one foot keeping that same alignment. Then slowly take your hands off the doorway. Then try it with your eyes closed.

For many people, leaning over headfirst (looking down with your neck flexed or rounded) causes ongoing neck and low back pain. The solution is to keep your head extended and your low back neutral or "flat." Not rounding your neck while you look at your phone or laptop or while bending over is a huge plus! If you often say, "Using my laptop while sitting/lying on a couch hurts my neck," the answer may be sitting at a desk using a desktop, wireless mouse/keyboard, a better workstation, or a sit/stand desk.



### 2 SUPPORT. Make sure that what you sit on, sleep on, put your head on and walk on is supportive.

If your neck is sore most mornings, look for a new pillow (*before you buy a pillow, check out our water pillow!*). If your low back is sore most mornings your problem may be your mattress—*YES, we do have a recommendation, ASK us!* If you sit for any time and you get pain, your answer maybe a new chair or couch (or you may need to move every 30 minutes). Have you tried sitting on our Sitfit Plus or Backtivor? They are great products and will really help your posture and relieve your pain. If you have flat feet, aching arches, knee, hip or back pain, you may need a foot orthotic. We recommend an off-medical grade product called Powersteps, available as orthotics, sandals, and slippers. They are incredible and well-worth looking into.

### 3 PRACTICE BREATHING AND RELAXING! Focus on your area of pain and then "belly breathe."

Breathe in through your nose while expanding your belly/diaphragm. Then exhale out through your mouth. If your stress level is runs at 5 or above, check out our CBD product.

### 4 USE INTERMITTENT HEAT OR ICE.

Current literature suggests if your problem is pain (7-10 out of 10), ice works best. If your pain level is 1-6 out of 10, heat seems to work best. For chronic injuries, heat is best. But there is no best answer here—listen to your body! All experts agree that using intermittent cold and heat is best. Do 5 minutes of cold, then 10 minutes of heat followed by 10-15 minutes of no application. That counts as one intermittent session. Do 3-4 intermittent sessions at a time if you can.

### 5 BRACE IT. If motion hurts, try a brace.

We carry a variety of braces and will help you find the best one if need be. *Braces are highly recommended for Medicare patients as the brace will help you get out of pain faster and help to strengthen your core.*

### 6 TOUCH YOUR PAIN.

Look up your pain on a [trigger point chart](#) or acupressure chart. Once you have identified your trigger points, do not hesitate to gently hold/rub/massage the area of your pain. A tennis ball can also work great to help you massage certain areas. Use topical creams to promote healing — Our favorite topicals are Hylarub and Heal All-ProPro. Rubbing topicals on your pain point(s) 2-3x a day is a wonderful way to heal your tissues!

### 7 SLEEP. Quality sleep is CRITICAL to healing!

When you sleep, we suggest starting off on your back, pillow under your neck, and depressing shoulders so you are looking at the ceiling. Practice “belly breathing.” If you then must turn on your side, do not cross your leg over.— Stack your shoulders, knees and ankles. *Do not sleep on your stomach!* If you do not sleep well, check out our CBD tincture called Rumi Dream

### 8 HYDRATE.

Dehydration is a common cause of ongoing headaches and muscle pain. Experts recommend that you drink enough water so that your urine is light yellow to clear and pale. [Here is some information](#) on how much water you should drink per day.

### 9 MEDICATION.

We are not a fan of medications, but if they are appropriate we will tell you so. For those looking for the absolute best in supplements, we offer the [Cymbiotka](#) and [Rya Organic](#) lines.

### 10 EXERCISE & MOVEMENT.

You can find everything you need in our Posture/Exercise section located on our [Resource Page](#). More than anything else, learn to hinge properly and do it consistently!

### 11 EAT TO HEAL.

Say yes to quality protein, lots of dark green and colorful vegetables, and real food while avoiding junk food, soda, and sugar. Fortify your immune system. If you are looking to bolster your immune system, *check out our immune cocktail formulation*. The two supplements we think all patients should be on, unless you have blood work indicating your levels are appropriate, are Vit D3/K2 and Magnesium.

### 12 BE PATIENT! Healing can take time, so be patient and keep your appointments.

If you have any questions, comments, concerns, *please talk to us!*

***Looking for more information on your problem?***

Please check out our [Resource page](#) on our website as almost all information regarding your symptoms will be found there!