



here depends on the degree of improvement noted. For some patients relief is immediate after the adjustment or therapy. In most cases, improvement happens over time with chiropractic care, with health gains coming quickly or gradually based on the frequency of your care, your specific health problem and your willingness to participate in home care activities prescribed by your chiropractor. Many chiropractors find that treating injuries early and often leads to a quicker resolution of the problem, fewer overall visits and a reduced risk of the problem happening again.

## Sensations After Adjustments

The chiropractic adjustment itself is not painful. When your chiropractor performs a spinal or extremity adjustment, it is common to hear an audible “pop.” This sound, known as a joint cavitation, is not the cracking of bones but results instead from a change in gas pressure within your joint (much like the pressure change that occurs when you open a carbonated drink). The adjustment may move joint structures that have not moved in some time and this can leave a mild soreness in the area that has been treated. The Mayo Clinic states that chiropractic adjustments are safe when performed by licensed chiropractors but that some people may experience headache and fatigue for a few days after receiving chiropractic care.<sup>3</sup>

## Possible Barriers to Recovery

Some patients may experience barriers to recovery that require further investigation by the chiropractor. If your

symptoms do not improve within a reasonable timeframe (usually about 4 weeks) your chiropractor may order additional tests - blood work, imaging studies - to check for a complicating problem or condition. In some cases, lifestyle changes need to be addressed, for instance repeated ergonomic stress from activities at work or at home.

According to a 2010 study published in the journal *Chiropractic & Osteopathy*, some barriers to early improvement during chiropractic care (especially for enduring low back pain) include patient depression and anxiety - common problems in people who have experience chronic low back pain. Other patients may experience delayed recovery due to the concern about the possibility of re-injury by performing certain activities of daily living.<sup>4</sup> Your chiropractor can talk with you about your concerns and offer you helpful advice about how to overcome any anxiety you may feel about your condition and recovery.



## Quote to Inspire

*“I eat really healthy, and if I’m tired, I take a nap”*

*- Casper Van Dien*

## References and sources:

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4. Field JR, Newell D, McCarthy PW. Preliminary study into the components of the fear-avoidance model of LBP: change after an initial chiropractic visit and influence on outcome. *Chiropractic & Osteopathy*. 2010. Jul; 18(21).

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