

ANDERSON UPPER CERVICAL

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DO'S and DON'TS

Before and after each Upper Cervical Adjustment, it is vital these measures be taken to protect the adjustment. Following these guidelines will ensure the quickest recovery and enhance optimal health potential. We encourage any questions about Upper Cervical care. Having a better understanding of *why* we do what we do, will *help* us help you.

Before each office visit:

- Depending on the outside temperature, acclimating (getting used to) to the temperature in our clinic is vital for having accurate scan information. This may include waiting up to **10** minutes before being scanned. Our instrument is temperature sensitive and vitally important to determining care for the visit. Visits with an Upper Cervical Adjustment will last about **75** minutes. If no adjustment is performed, the visit will be **15-30** minutes.

Avoid the following BEFORE office visits:

- 6-8 hours before your appointment: **NO** over the counter drugs, pain relievers (example: Tylenol, Excedrin, Advil), antibiotics or antidepressants.
 - 4-6 hours before your appointment: **NO** caffeine, cigarettes, alcohol, chocolate, or use of heating pad or oils on your neck or back.
 - 30 minutes before your appointment: **NO** sugar or candy
- ✚ We are measuring brainstem and nerve function; the above products alter our readings. We must have accuracy in these readings in order to assure success. **Please let us know of any use of the above products or other prescription drugs before being scanned.**

Avoid the following for at least 24 hours AFTER an Adjustment:

- Strenuous exercise
- Repetitive arm motions (sweeping, vacuuming, yard work, etc.)
- Bumps, jolts, and vibrations (mowing or tilling, running heavy machinery, etc.)
- Overhead work (reaching overhead and looking up)



DO the following:

- ❖ **Please be on time for all appointments. Please call and reschedule if a change is needed for any reason.**
- ❖ Drink 8 glasses of clean water, either spring/purified, or reverse osmosis (not tap water) per day.
- ❖ Rest flat, facing up with a pillow under the neck & legs during the middle of the day (20-30 minutes). This helps maintain the adjustment.
- ❖ Let the doctor know of any slips, falls, bumps or other injuries, no matter how insignificant.
- ❖ Sleep with a pillow designed to support the neck, either flat on the back or on the side. When sleeping on the side, always place a pillow between the knees.
- ❖ Include family in Upper Cervical care. The more they understand Upper Cervical Health Care, the more support they can provide.
- ❖ The adjustments we make are designed to release the healing properties of the body so the body will heal itself. As the body heals, symptoms and pain will go away. **Be a patient patient!**

+ Adjustments are ONLY given when our tests determine one is indicated.

+ Please don't expect an adjustment based on symptoms.

Please let Dr. Anderson know immediately of any questions regarding the above information and he will gladly explain in greater detail.

OUR PROMISE

By committing to improved health, we are committing to provide assistance on the healing journey.

It will require **time, commitment** and **perseverance** but following these guidelines will mean years more health for you and your family and a much higher quality of life in the days to come.