



REACTION - Return to Normal Health.

When undergoing Chiropractic adjustments to improve the function of the spine and to reset vertebrae that are working incorrectly, it is not unusual to experience varying degrees of discomfort and symptomatic disturbances. These discomforts are a part of what we term 'Reaction'.

'Reaction' is the body's response to an adjustment. An adjustment enables the spinal column to normalise itself. Following an adjustment, irritation of nerves is reduced, muscle tonicity is normalised, discs are re - shaped to provide the normal cushioning between vertebrae, and tension on cartilage caused by stress is lessened.

'Reaction' occurs most commonly between the first and tenth adjustment, but may vary with the individual and the severity of his / her condition. If a reaction occurs it may last from one to several days, but in the vast majority of cases diminishes in two to three days. A small percentage of chiropractic patients do experience reaction, so if you are among this group there is no cause for alarm.

Actually, 'Reaction' is usually a healthy change occurring within the body. The mechanics of the change can best be understood by explaining that the spine is being adjusted to restore normal function. Therefore, there is an element of physical change that involves bones, muscles, ligaments, nerves, blood vessels, connective tissue and cartilage. All of these tissues and structures must adapt to the new, normal position and movement pattern. This adaptation process, which is part of the change to a healthier condition in the body, is sometimes accompanied by 'Reaction'.

Keep in mind that any reaction following a Chiropractic adjustment due to the removing of obstructions caused by irritation to the spinal nerves, is often, a sign that the normal flow of nerve energy is being restored to the affected areas. In that sense then, we can say that REACTION is simply another way of saying REACTIVATION, which is Nature's way of telling you that you are getting well!!!

The use of an **ice pack** applied to an area for **20-30 minutes** can often assist your body to adapt to the changes being made following an adjustment. Please avoid the temptation to apply heat to the area and check with your Chiropractor if you have any concerns.

IF YOU HAVE ANY CONCERNS REGARDING YOUR BODY'S REACTION TO AN
ADJUSTMENT PLEASE FEEL FREE TO CALL AND TALK TO THE CHIROPRACTOR AT
YOUR EARLIEST CONVENIENCE.