

## Wellspring Chiropractic and Acupuncture Center

### HOME CARE INSTRUCTIONS DURING SACRO ILIAC CORRECTION

As you have seen in your report of findings, part of your condition is due to a weakness in your Sacro-iliac joint (s). Since this joint bears the weight of the entire spine, all subsequent spinal corrections are dependent on this joint for stability. It can be likened to the foundation of a building; it holds everything above it.

To help you through this first phase of correction, we recommend the following 14 guidelines. Carefully observed, they will speed your recovery.

Starting today and every day thereafter:

1. **WALK.** Walking reduces the fluid and swelling that otherwise spreads the joint apart and causes stiffness and pain. Also be sure to walk about 1 block immediately after each adjustment.
2. **LIMIT SITTING TO 30 MINUTES AT A TIME.** Sitting also spreads the joint apart. Observe this rule when driving also.
3. **DO NOT DO ANY EXERCISES UNLESS SPECIFICALLY APPROVED BY THE DOCTOR.** The Sacro-iliac is the only joint in the body that is not held together by muscles. It is held by ligaments, cartilage, and connective tissue. With your condition, the joint is stretched. Exercise may additionally damage, stretch, or under our correction. We want you to exercise as soon as possible, but not until we are reasonably sure the joint can withstand it.
4. **AVOID SUGAR AND WHITE FLOUR.** These substances contribute to toxicity which weakens joints. Alcohol is also a deterrent to rapid healing.
5. **DO NOT SLEEP ON YOUR STOMACH.** Sleep on your side with one knee bent or on your back with a pillow under your knees.
6. **WHEN ARISING FROM A LYING POSITION DO NOT SIT STRAIGHT UP.** Roll onto your side first and put your legs over the side while pushing yourself up with your hands. Do this when getting off a couch, bed, or adjusting table.
7. **TURN YOUR TOES IN AND BEND YOUR KNEES** when bending over to wash at the sink. Do this also when bending to lift.
8. **STAY ON YOUR BACK DURING SEXUAL ACTIVITY.** This position limits pelvic motion.
9. **DO THE FOLLOWING MOVEMENT BEFORE BED AND UPON WAKENING.** Lying on your back with legs out straight, rotate your legs in so your toes almost touch, then rotate legs outward till the toes point away. While doing this movement, your feet will move like the windshield wiper of your car. Repeat 30 times.
10. **CHOOSE FIRM SEATING.** Avoid soft chairs and couches that you sink into and remember, **do not** sit for more than 30 minutes at a time.

11. **MAINTAIN A POSITIVE MENTAL ATTITUDE.** It is normal for the Sacro-iliac to shift when other areas of the spine are realigning. If the joint holds for a time and then appears to have slipped, this is normal. It is reacting to the changes in other areas of the spine. If you have been following our instructions and this occurs, do not assume you are doing something wrong or not progressing. We will let you know if we feel there is a problem.
12. **GET IN AND OUT OF YOUR CAR CORRECTLY.** Rather than swinging your legs out when you get out of the care, keep your knees together and “walk” your legs around to the side of your car, then stand up. When getting into the car, sit first, then walk your legs around until you are facing the steering wheel.

\*The following guidelines are only necessary if specifically recommended by the doctor:

13. **APPLY COLD PACKS DAILY.** Cold reduces swelling and reduces the effects of the inflammatory process. Apply the cold packs as soon after an adjustment as possible. Leave it on for 10 minutes each hour for as many consecutive hours as possible. Afternoon and evening hours are best. **CAUTION:** Do not apply the cold packs directly to the skin as this may damage skin tissue. Cover the ice packs with a light cloth or apply over the underwear or bedclothes.
14. **IF YOU HAVE BEEN GIVEN A SACRAL BELT.** Wear it constantly for 4 weeks. Sleep with it on. The belt helps hold the joint in place so it can mend. (We only prescribe the belt if, after 3-4 visits, the joint is not holding on its own).

Sacro-iliac weaknesses not only cause pain, they affect energy levels, blood sugar levels, and emotion. Explain to your family and friends what you are going through and go easy on yourself. Better days lie ahead. We have accepted your case because we feel we can help you, but it takes time. Remember, even nature needs time to grow a blade of grass.

Give your appointment schedule the highest priority. If you must miss an appointment, make it up within the same week. The frequency of your treatment has been carefully set to enable you to recover as quickly as possible. **WARNING:** If you are not feeling pain on a particular day, do not skip or cancel your appointment. Pain is the last thing to come and the first thing to go. The corrections are not complete until the test verify it is so. Trust our experience on this point.

We value the opportunity to be of service to you. If you will do your part, we will assure you that you will receive the very best chiropractic care possible.