

# DOW CHIROPRACTIC

Natural Health Clinic

Thank You for Choosing Our Clinic

## What's Next?

***A typical treatment plan is between 3-6 visits.***

Most people feel better within a day of their first adjustment. However, for the body to truly correct and maintain proper alignment usually requires several follow up visits over the next week or two. We then recommend another treatment in a month to make sure the spine is remaining stable.

***You might be sore initially.***

It is not uncommon to experience some soreness following your first treatment. This is due to working on muscles that have been tight and realigning discs that think have been structurally compromised. The Home Care Instructions (on the backside of this flyer) can you help minimize any discomfort you may be feeling.

***We are a lot like your dentist.***

We believe that preventative care is the key to better health. Everyone's needs are a little different. Lifestyle, job requirements, health conditions and age all affect how well the body performs. On average we find that a treatment once every month or two keeps people feeling their best.



***Your Health  
Affects  
Everything  
You Do  
And Everyone  
You Know.***

### **YOUR CARE & WELL-BEING ARE IMPORTANT TO US.**

If you have any questions or concerns please do not hesitate to call. We are committed to your health and can offer guidance in areas of diet, weight loss and smoking cessation. As well as lifestyle changes to improve health concerns like diabetes, high blood pressure and high cholesterol.

## Home Care Instructions

### APPLYING ICE

- 15 to 20 minutes every other hour or when finished with activities
- Thin layer (paper towel or dish towel) between the skin and the ice

### APPLYING HEAT

- 20 to 30 minutes before going to bed at night
- Hot shower, hot bath, or heating pad on low
- Try not to fall asleep with heating pad on

### GENTLE STRETCHING

- Gentle, slow range of motion exercises, within the pain-free range (up to the point of pain)
- Forward and backward (flexion and extension)
- Tilt right and left (lateral flexion)
- Turn right and left (rotation)

### OFFICE HOURS

#### Monday

9:00am-5:30pm

#### Tuesday

1:00-6:30pm

#### Wednesday

9:00am-5:30pm

#### Thursday

1:00-6:30pm

#### Friday

8:00am-5:00pm

#### Saturday

*By Appointment*

## SERVICES

Acupuncture  
Chiropractic Adjustment  
Diagnostic Lab Testing  
Spinal Decompression Therapy  
First Line Therapy-Therapeutic Lifestyle Program  
Low Level Laser Therapy (LLLT)  
Massage Therapy  
Custom Foot Orthotics  
Thermography  
Nutritional Support  
Smoking Cessation  
Sports Chiropractic  
Detox Programs

FOR MORE INFORMATION

VISIT US ONLINE

[www.dowchiro.com](http://www.dowchiro.com) 

**DOW CHIROPRACTIC** Natural Health Clinic

507.451.1691 • 152 East Pearl Street • [dowchiro.com](http://dowchiro.com) • 