

KSW CHIROPRACTIC RECOMMENDATION HANDBOOK: A Guide to Injury, Ache, and Pain Prevention and Recovery

This handbook presents an overview of essential strategies to effectively prevent and recover from injuries, aches, and pains. As the renowned saying goes, “Start by what’s necessary, then do what’s possible; and suddenly you are doing the impossible”.

Hydrate:

To maintain adequate hydration levels, it is advisable to consume an amount of water equivalent to half of your body weight in ounces throughout the day. Augmenting your water intake with a pinch of Celtic or Sea Salt can further enhance the hydrating effects. Dr. Kelley endorses the use of hydration drinks such as LMNT and Liquid IV for their efficacy in optimizing hydration levels.

Get Up + Move:

In the midst of life's demanding schedules, it is crucial to prioritize regular movement and physical activity. To mitigate the potential development and perpetuation of aches and pains, it is recommended to take breaks and engage in movement every 45 minutes to 1 hour throughout the day. Avoiding prolonged periods of sedentary behavior is essential for maintaining overall well-being and preventing discomfort.

Ice:

To effectively address inflammation and pain, it is advised to adhere to the prescribed icing regimen of 20 minutes on and 20 minutes off, as directed. It is essential to place a protective layer between the ice and the skin to prevent potential skin damage and ensure safe and optimal therapeutic outcomes. Please avoid dry heat (seat heaters and heating pads) unless directed otherwise by Dr. Kelley.

Sleep:

The significance of sleep quality for overall bodily well-being cannot be overstated. It is recommended that individuals aim for a minimum of 7-8 hours of restful sleep each night to facilitate optimal recovery and rejuvenation of the body.

Show Up to Your Appointments:

Your personalized care plan has been meticulously tailored to meet the unique needs of your body. While we acknowledge the unpredictability of life, adhering diligently to your prescribed treatment plan is of paramount importance to ensure a successful and timely recovery. By doing so, you optimize the chances of achieving the desired therapeutic outcomes.

Do Your Active Care (Rehab):

The recommended rehabilitation protocol holds significant importance in your overall care plan. Strengthening the muscles to support and stabilize your body may necessitate a duration of 6-12 weeks. Dedicate specific time during the day or week to engage in your prescribed active care diligently, as it plays a pivotal role in facilitating your progress and well-being.

If any prescribed active care exacerbates the initial pain or leads to sensations of numbness, tingling, or radiating pain, please communicate this promptly with Dr. Kelley. Your feedback is vital for appropriate adjustments to be made to ensure your treatment remains safe and effective.

DISCLAIMER: This is not medical advice. These are only suggestions for enhancing recovery from injury and treatment. If you have any health conditions, restrictions, or medications that prevent you from doing any of the advice listed above, please follow your PCP's recommendations. Please consult your healthcare provider if you have any questions regarding the above-listed suggestions.

As discussed in clinic, it is possible to bruise, swell, and be very sore in the areas (or surrounding areas) treated by the provider.

Please contact Dr. Kelley at 346-701-5791 if you have any inquiries or concerns.

Thank you for trusting KSW Chiropractic with your care.

(346) 701-5791

www.kswchiropractic.com

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