



Chiropractic Care: What You Need to Know

Chiropractic care is focused on how your spine, joints, muscles, and nerves are functioning and whether those areas are limiting how you move or feel day to day. At a chiropractic visit, the goal is not just temporary relief. The goal is to understand what is driving your pain or restriction, identify whether you are a good fit for care, and build a plan to help you move better with less pain and more confidence. Treatment may include hands-on care, mobility work, corrective exercise, rehab guidance, and practical advice for everyday activity.

Top Triggers

Common things that can aggravate pain and movement problems include:

- Long periods of sitting
- Repeated bending, twisting, or lifting
- Poor posture over time
- Sudden increases in activity or exercise
- Sports injuries or overuse
- Stress, poor sleep, and muscle tension
- Doing too much too soon after a flare-up

Red Flags

Seek urgent medical attention if you have:

- Major trauma or a serious fall
- Fever with back or neck pain
- Unexplained weight loss
- New bowel or bladder changes
- Saddle numbness
- Rapidly worsening arm or leg weakness
- Severe pain that is constant and not changing with rest or position

Daily Do's and Don't

Do:

- Keep moving throughout the day
- Change positions often
- Take short walking breaks
- Use pain as a guide
- Follow your home care plan consistently
- Build activity back gradually

Don't:

- Stay in bed all day
- Push through sharp, worsening, or spreading pain
- Sit too long without a break
- Jump back into full activity too fast
- Assume more pain always means more damage

Starter Exercises + Dosage

These are gentle starter movements often used to help improve mobility and reduce stiffness. They should feel manageable, not aggressive.

1. Chin Tucks

Gently draw your head straight back to create a “double chin” feeling without tipping your chin up or down.

- **Dosage:** 10 reps, 1 to 2 times per day

2. Shoulder Blade Squeezes

Sit or stand tall and gently pull your shoulder blades back and down.

- **Dosage:** 10 to 15 reps, 1 to 2 times per day

3. Pelvic Tilts

Lie on your back with knees bent and gently flatten and release your lower back.

- **Dosage:** 10 to 15 reps, 1 to 2 times per day

4. Short Walks

A slow, steady walk can help reduce stiffness and keep the body from getting more guarded.

- **Dosage:** 5 to 10 minutes, 2 to 4 times per day as tolerated

Flare-Day Plan

If symptoms flare up:

- 1.Reduce aggravating activity for 24 to 48 hours
- 2.Keep moving gently instead of stopping completely
- 3.Take short walks if tolerated
- 4.Avoid heavy lifting, deep bending, or fast twisting
- 5.Stick to simple movements that feel relieving
- 6.Reach out for care if symptoms are worsening or not settling

Return-to-Activity Checklist

Before returning to regular workouts, lifting, or sport, make sure:

- Pain is more manageable day to day
- Flare-ups are less intense and less frequent
- Walking and basic movement feel easier
- You can sit, bend, or move with better tolerance
- You can handle light exercise without a symptom spike
- You are increasing activity gradually, not all at once



Book With Us Today



5675 Stone Rd. Ste 220A
Centreville, VA 20120



(703) 877-0787

