



2575 N. 1st Street
San Jose, CA 95131
408-883-2088

What to Expect Following Your FIRST Treatment

Congratulations on taking the first steps to becoming as healthy as you possibly can!

As a reminder, after your **FIRST treatment**, you will experience one of three scenarios:

1. No change at all
2. Immediate feeling of relief and relaxation.
3. Increase in symptoms/discomfort or a change in the way you were feeling before the adjustment.

What you are feeling is much the same as the muscle soreness you experience after exercising. This is NOT a reason for concern. It is merely the result of areas of your spine/muscles/joints moving/being correctly aligned that were not correctly moving/aligned before. With time and each subsequent adjustment/treatment your body will become accustomed to the new changes.

NOTE: Use an icepack on the area to reduce future discomfort. TO AVOID FROSTBITE USE A TOWEL BETWEEN THE SKIN AND ICE PACK AND APPLY FOR NO LONGER THAN 30 MINUTES. REMOVE FOR AT LEAST 30 MINUTES AND REPEAT FOR AS LONG AS NECESSARY. 72 hours after treatment, you can use heat 20-ice 20- rest 20 minutes.

It is also not uncommon to notice symptoms in other areas of your body/spine, especially if you have had your condition(s) for a long time. Your body has attempted to compensate for the misalignments/problem, so by restoring the normal structural alignments the areas above (or below) may shift since they no longer need to compensate. This compensation will also involve the supporting soft tissues (i.e. Ligaments and tendons) and explains why it takes more than one adjustment/treatment to make spinal, or any physical corrections that are needed.

The length of time you have had your condition(s), your overall health and fitness level, amount of spinal degeneration, stress, nutrition, rest, and past injuries are all determining factors which affect your return to full health and correct spinal alignment. It is important to remember that every body heals at a different rate because you are an individual with varied physical and mental stresses in your life. **ALL OF THESE ARE NORMAL**, however, please don't hesitate to call or email our office to discuss any concerns: info@thrive2020sanjose.com.