

REACTION

Return to Normal Health.

When undergoing chiropractic adjustments to re-align the spine, by getting the joints that are stuck in position, moving again, it is not unusual to experience varying degrees of discomfort and symptomatic disturbances. These discomforts are part of what we term REACTION.

Reaction is the body's response to an adjustment. An adjustment enables the spinal column to normalize itself. Following an adjustment, irritation of the nerves is reduced, muscle spasm begins to normalize, forces through the discs are changed allowing the discs to be reshaped to provide the normal cushioning between vertebrae, and tension on cartilage caused by stress is lessened.

Reaction occurs most commonly between the third and tenth adjustment, but may vary with the individual and the severity of the condition such that it is felt between the first and fourth adjustment. When and if reaction occurs it may last from one to several days, but in the vast majority of cases it diminishes in two to three days. Approximately 50% of the chiropractic patients do experience reaction, so if you are among this group there is no cause for alarm.

Actually, reaction is a healthy change occurring within the body. The mechanics of the change can best be understood by explaining that the spine is being adjusted to a normal position. Therefore, there is an element of physical change which involves bones, muscles, ligaments, nerves, blood vessels, connective tissue and cartilage. All this adaptation process, which is part of the change to a healthier condition in the body is, often accompanied by reaction.

Keep in mind that any reaction following a chiropractic adjustment is due to the removing of the obstructions caused by pressure up in the spinal nerves, and is, in fact, a sure sign that the normal flow of nerve energy is being restored to the affected areas. In that sense, we can say that reaction is simply another way of saying REACTIVATION, which is Nature's way of telling you that you are getting well.

IMPORTANT

Some patients mistake temporary relief for permanent correction, and discontinue chiropractic care when they begin to feel better. Keep in mind that in order to get the maximum benefit from chiropractic care, you must allow enough time for complete correction of the causes of your condition, and permit the weakened muscles and ligaments to strengthen and adjust to their new position. Unless you do, the original condition may return or a more serious one may replace it.

Your health depends on your cooperation. Please follow recommendations.