

WELCOME

A GUIDE TO YOUR FIRST VISIT

FIRST TIME REMINDER

To find a TIC Chiropractor, please visit
our website at www.ticchiro.com.

© 2019 Tonal Integrative Correction. All rights reserved.

FIRST TIME REMINDER

With your first specific, scientific chiropractic adjustment, we would like to remind you that...

1

Your chiropractor is removing interference from your nerves so your body can heal itself.

2

You may not feel as if a great deal is happening during your adjustment as the adjusting force is very light.

3

You may notice some stiffness as your body shifts positions throughout the day.

4

Your body is using extra energy to heal, therefore you may feel tired today.

5

Your body sees its current position as normal. In the beginning, adjustments will last for one or two days as your body will want to return to its 'normal/old' position. This is why care typically begins at three times per week for the first two to six weeks. Then as your body begins to hold its adjustments, we can reduce your number of visits per week.

6

In order to allow the changes to go on for as long as possible, be sure to do the following:

- Walk around at least 5-10 minutes today.
- Drink LOTS of water, more than what you would normally drink. 2-3 litres/day.