

# Rosewood Chiropractic Clinic

## SPECIAL POINTS OF INTEREST:

- ⇒ Your doctor will advise you of the stretch and exercise program that is best suited for your individual needs.
- ⇒ It has been recently been shown that manipulation and exercise combined is superior to either therapy alone.
- ⇒ The International Osteoporosis Foundation says that regular exercise is one of the best things you can do to prevent or slow down bone loss.
- ⇒ Research from Stanford University in Pal Alto, CA, suggests vigorous exercise may help prevent future joint and muscle pain.

## “MOVE IT OR LOSE IT!”

- After an injury, stretching and exercising can support the healing process and allow you to rapidly return to your normal activities of daily living (ADLs) as well as help avoid re-injury.
- With most injuries, application of ice to the injured area for twenty minutes, 4-6 times a day will help decrease pain and swelling.
- Gentle stretching should begin soon after injury. These stretches should not provoke sharp or radiating pain. For maximum benefit, complete your stretching exercises 2-3 times a day.
- Sleeping well and increasing your intake of water is important in this acute pain phase.
- After one week of your stretching program, you should attempt to maintain your normal ADLs, but slow down and be cautious. Do not push to the point of aggravation.
- As you do your exercises and begin your normal ADLs, you may experience some stiffness and soreness. This is normal; however, if you experience true “pain”, stop your program.

### References:

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### YOU SHOULD KNOW:

- ⇒ Your stretches, exercises and ADL's should be “pain-free.”
- ⇒ You may notice some soreness while healing.
- ⇒ Walking, if advised, is an ideal mode of exercising and stretching.