



## **Dr. Shoe's Seven Simple Solutions for Great Results**

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**Bookending:** When travelling away from the office that necessitates missing one week or more, add an adjustment in the week before and the week after to minimize loss of correction.

**Add an Adjustment:** When experiencing a minor flare up or illness that necessitates coming in earlier than your next scheduled adjustment, use it as an 'extra' adjustment and not a 'replacement' for the original.

**New Trauma:** If you have experienced a new trauma, impact, or injury since your last adjustment, be sure to notify us before you get adjusted to make sure that your specific adjustment is the most appropriate.

**Heating Pads:** If you are thinking about using a heating pad to help your injuries...***don't!*** Heat causes delayed inflammation that becomes painful about 3 hours later. Hot showers are fine for less than 9 minutes if you use a cold pack on the injured area afterward. No hot tubs. Use the seat-heater in your car to warm the seat and then turn it off.

**Cold Packs:** For new injuries use a frozen gel pack for 15-20 minutes to cool the area and reduce the inflammation. Place a thin towel between your skin and the cold pack. Do not use a bag with ice and water as it gets too cold and may freeze the skin. A bag of frozen vegetables can work in a pinch but are not as good as the gel pack. You can use the cold pack as frequently as every two hours.

**Inversion tables:** Can be successfully used at up to a 45 degree decline but never completely inverted. Should only be used for general stretching and never when injured. Stretching your spine backward over a 55-75 cm diameter exercise ball for 2.5 minutes per day works even better.

**Adjustment rhythms:** Since the human body responds best to consistent cycles and rhythms, keeping to a set schedule of adjustments, requires up to 25% fewer adjustments to achieve the same results.