



## After a Chiropractic Adjustment – What Can You Expect?

If you suffer from regular back pain or discomfort, it's a good idea to visit a chiropractor in your area as soon as possible. However, your adjustment is just the first step toward getting your mobility and comfort back.

Indeed, it's quite normal for you to feel a little tender and sore for between 12 and 24 hours. After therapy or surgery, your chiropractor will recommend that you take some time off and relax to give your body time to fully recover.

This page will break down what you can expect during the recovery period after a chiropractic therapy adjustment.

### Chiropractic Medicine - The Role of Inflammation in Healing

After a chiropractic adjustment, it's not uncommon for patients to experience a little inflammation or soreness in the affected area, such as the lower spine, the neck, or the middle of the back. Inflammation is characterised by swelling and redness.

However, inflammation plays a key role in the healing process. In fact, inflammation can help to cause tissue regeneration and restore homeostasis to the affected area. Inflammation, when properly monitored, is a sign that your body is recovering from chiropractic therapy quite well.

### Hot/Cold therapies after a chiropractic adjustment

Your chiropractor may recommend that you use hot or cold therapies as you recover after your adjustment.

- Cold therapies minimise swelling and ensure that inflammation doesn't get out of hand. In addition, cold therapies, such as placing an ice pack on the affected area, can reduce pain and allow you to rest and relax

- Heat therapies should be applied after cold therapy. Heat relaxes the muscles and inspires greater blood flow through widening blood vessels. This, in turn, supplies oxygenated and nutrient-rich blood to tissues in need of repair

When combined, hot and cold therapy can do wonders for your recovery period and help you to feel more mobile and active sooner rather than later.

### Factors that can affect your recovery time after a chiropractic adjustment

In addition to hot and cold therapy, there are several factors that may affect how long it takes to recover from chiropractic therapy or surgery. These include:

- Your fitness and flexibility level
- Your overall level of health
- The time of day for the adjustment
- Your age
- Your activity level after the adjustment
- Whether you've had previous injuries or surgeries
- And more

In general, it's recommended that you not be heavily active after chiropractic surgery or a therapy session. Furthermore, you should avoid drinking and smoking both before and after your chiropractic adjustment, as both of these habits can lead to negative health effects that compound upon one another as well as affect the adjustment itself.

Additionally, while it is true that older patients may take a little longer to recover from chiropractic therapy, it's *not* true that they'll never recover. Older patients can recover just as fully as younger patients *if* they're already healthy, maintain an adequate level of exercise, and use hot/cold therapies as described above.

Ultimately, your chiropractor will be able to answer any questions you have at your next adjustment, as well as recommend additional recovery strategies or tips you can implement when you return home. At there's nothing more important than your comfort and satisfaction.

### When to see a chiropractor near me?

If you're experiencing pain, whether it's in your lower back or otherwise, or just want to keep on top of your health, we are here to help. We're a private chiropractor for the Portchester, Fareham, and Portsmouth areas. We offer chiropractic services to the Port Solent, Wallington, Drayon, Hilsea, and Southwick areas as well. If you would like to book an appointment as a new patient or for a free no obligation 30 minute consultation please use the online portal or call our team on 02393233144.