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SUGGESTIONS TO FOLLOW DURING SPINAL CORRECTION

- 1. Take a short walk every day (15-20) minutes. Try to give yourself time to relax.**
- 2. Use a cold pack (15-20 minutes at a time) every day when in pain and up to once an hour when extreme pain. Take an Epsom Salts bath or a warm shower to help muscles relax.**
- 3. Do not cross your legs at the knees. Even though it seems to be a comfortable position, crossing your legs stresses a lower back sprain.**
- 4. Stand evenly; avoid extreme bending of the spine, sudden twists and overhead reaching.**
- 5. When lifting, keep your back straight; bend at the knees, and let your legs bear the strain. Hold the object you are lifting as close to the body as possible and keep your tummy tight. *Avoid heavy lifting!**
- 6. When sitting, choose a chair that is firm enough to hold your weight comfortably and sit straight, with some type of lumbar support.**
- 7. Be sure to get plenty of sleep to allow your body to recuperate and repair. Do not sleep on your stomach. Sleep on your side with a pillow between your knees or on your back with a pillow under your knees. Rise from your bed by turning on your side and swinging your legs, off the bed, then push yourself into a sitting position with your arms—thus minimizing the strain on your back.**
- 8. Try not to read or watch TV in bed- this usually leads to an unsupported position for your back.**

If you have any questions, please feel free to ask Dr. Cappillo about them.

To help us run a more efficient office, kindly follow our office policies:

- 1. 24 hours notice is required to cancel or reschedule an appointment**
- 2. Payment is expected as services are rendered.**