

# Home Therapy Instructions

## **Pain Relief:**

Ice – For aches and pain, use an ice pack 10 minutes on, 10 minutes off, 10 minutes on – 3x/day

- Ice packs are available in a variety of sizes.

Topical Pain Relief – Apply 3-5x per day. (Do not overuse; they are very concentrated)

- Cryoderm Spray, Roll-On, or Gel – \$ 19.99\* each
- Traumacare Cream
  - 50g – \$ 20.00\*
  - 100g – \$ 32.00\*
- Deep Blue Rub – \$ 53.72\*

Heat – 20 minutes for stiffness. Use hot water bottle, hot pack or bean bag, hot tub or warm Epsom salts bath, or topical Cryoderm Heat.

Ice & Heat – If stiff and achy use heat and ice protocol which is ice 10 mins, heat 10 mins, ice 10 mins. When using heat or ice.

- MediStik Spray or Roll-On – \$ 19.99\* each

**Remember it is not how good it feel with it on you, it is how good you feel 1 hour later. If you feel worse after an hour, switch. Heat feels great on, but may make you feel worse.**

## Essential Oils

- doTERRA Frankincense Roller – \$ 64.67\*
- doTERRA Deep Blue Roller – \$ 71.00\*

\*\*Note: Ask us about other essential oils you can use to promote optimal health!

## **Supplements:**

Traumacare Tablets – **For severe pain, take 1 tablet every 15 mins (dissolve under tongue), no water,** until pain subsides: up to a maximum of 12 tablets. Then take every 4 hours.

**\*\*Avoid caffeine, mint (toothpaste) 15 mins before and after.**

- 60 tablets – \$ 18.00\*

Vitamin C – (Good quality – not chewables) for severe pain take 30 tabs at once, one time only. Then reduce to 10 tabs every meal, and at bedtime. As pain subsides or if stool becomes loose, reduce intake by 2 tabs. Example: 8 tabs every meal and at bedtime, then 6 tabs, then 4 tabs, then 2 tabs.

- Shaklee Vita-C 500 – 180 tablets – \$ 33.90\*

Magnesium Glycinate – to maintain proper muscle function, reduce pain and muscle spasms. Take 1-2 capsules at bedtime(to help sleep as well). Can be taken anytime.

40% of all people are low in magnesium which controls over 600 cellular activities in your body.

- PureLab Vitamins Magnesium Glycinate
  - 120 capsules – \$ 22.95\*
  - 300 capsules – \$ 54.90\*

**\*Our office carries all products that have been mentioned above. Please ask the staff or Doctors if you have any questions. We strive to carry the best quality products for our customers 😊**

**\*All Prices are subject to 13% tax.**

Prices subject to change.

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Chiropractic Care & Longevity Center • 5 Gore Street W., Perth ON K7H 2L5

• 613-264-0616 • [www.chirolongevity.com](http://www.chirolongevity.com)

## Steps to Live Longer and Healthier

1. Practice conscious eating and chew your food well.
2. Leave the table before you are over full.
3. Drink plenty of pure water. (Body weight in pounds divided by 2 = # of ounces per day)
4. Emphasize fruit and vegetables. 8-10 servings per day.
5. Choose organic when possible.
6. Take care of your bowels with healthy bacteria such as acidophilus/bifidus.
7. Ensure adequate fiber by adding 2 tbsp of milled flaxseed to your breakfast each day.
8. Allow time for a bowel movement every morning.
9. Exercise daily, exposing yourself to sunlight (no sunscreen 30 minutes) and fresh air.
10. Breathe deeply to reduce stress naturally.
11. Safeguard your sleep – keep regular bedtime schedule.
12. Sleep saying: “I sleep all night on my side or back with my arms down and I have the best sleep ever.” (Repeat 5 times at bedtime).

Proper Sleep Position – to promote proper posture and avoid stress on the spine, it is best to sleep on your back or side with your arms beside you (not under your pillow/chin or above your head). Avoid sleeping twisted or on your stomach.

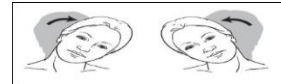
Nose with Toes Rule – With every task you do in a day (ie: bending, lifting, cleaning, talking to someone, sleeping, etc), ensure your body is aligned so that your head is facing forward, in line with your feet. This is a way to prevent injuries that occur from improper body positions.

### Exercises:

Low Back Stretch/Knee to Chest – Lie flat on your back on a firm bed or floor. Hold thigh behind knee and bring one knee up to chest, then the other, and then both hold 10 seconds. Repeat 3-5 times (especially good at bedtime to offset daily activities).



Neck Exercises – Ear to shoulder stretch. Hold 15-20 seconds, each side. Can also do neck rolls forward. **NO head rolls back.** Repeat daily.



Psoas Stretch – Drop one leg over side of bed. Pull opposite knee to chest. Hold 5-10 seconds. Repeat 5 times. Do opposite leg. This is good to do at **bedtime** if your back is stiff in the morning.

### Codman Swing:

1. Place the foot on the opposite side of the affected shoulder on a step stool/stair to maintain your posture. Allow your affected arm to hang freely.
2. Rock your body weight so that your dangling arm slowly moves in a circle. Do 10 circles in a clockwise direction, then 10 circles in a counter clockwise direction. Repeat this exercise 3x/day. Vary size of circle, if easy add light weights. ex: bottle of water, can of soup or 1-2 lb weights.

Pelvic Tilt – This supports the back muscles, the stomach muscles and sacro-iliac joints. Lie on your back with your knees bent and your feet flat on the floor. Rest your hands on the hips (pelvis). Tighten your abdomen, buttock muscles. Press your lower back onto the floor (a small and subtle movement). Hold 5 seconds, release OR can do standing (more challenging).

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