

TOOL KIT

Lyons Road Family Chiro is sharing this tool kit with you to prepare you for a journey to better health, over time.

WEEKLY EMAILS

We will share with you 12 weekly emails and downloadable PDF guides that you can keep for your future reference.

HOMEWORK

There are lots of things you can do at home to get better results from your chiropractic care. We look forward to sharing these 'home work' tips with you over the coming weeks.

Getting Started with Chiropractic Care



- This information is only available to you through your chiropractic care program. It's not available on publicly searchable webpages.
- Together, we will work through your goals, actions and your homework to deliver you results.
- Your health is your responsibility. However together, we aim to transform your entire life, one adjustment at a time.
- Chiropractic is a medium to long-term process that aims to get your body working and healing at optimal levels, just the way nature intended.

Welcome to Lyons Road Family Chiro. You're now apart of the fastest growing, all natural and drug-free form of healthcare in the world

Approximately 200,000 Australians visit their local Doctor of Chiropractic each week and enjoy the benefits of regular adjustments.

Your chiropractic program is just the initial start in what should become a life changing experience for you. We aim to find the root cause of your health complaint and correct it.

Initially, we aim to stabilise your condition. There is no set time for this.

Next, we move into the correction phase where your chiropractic adjustments work to correct the shape of your spine and prevent further degeneration from taking place.

This is followed by maintenance care. Again, there is no fixed timeframe in which each phase is completed. It depends entirely on how your body responds to the care and how you are healing.

What to Expect



HOME WORK

Ice Therapy. If you suffer from back pain, use the ice pack we gave you. Ice works to numb the pain and soothe inflammation. Use the ice pack for 5 minutes at a time.

HOME WORK

Be aware of your posture throughout the day. How do you stand? How do you sit? Remember to not slouch, lean, cross your legs or stand with your weight on one leg. Open your chest, tighten your abs and breathe smoothly.

NEXT TIP?

Our next tip will be about conditions commonly treated by chiropractic as well as chiropractic success stories to motivate and inspire you.

What to expect after your adjustment?

Adjustments are amazing. However it's combined effort that really produces results. Your adjustments go hand in hand with good posture and exercise. Regular exercise at least 2-3 times a week, together with a comprehensive stretching program and nourishing diet will be sure to see you succeed with chiropractic care.

The healing can last for days - that's the secret. You are 'reset'. It is quite common for patients to actually feel sleepy after an adjustment - this is the process of your body relaxing/resetting itself.

Warning Signs

With 23 years experience helping the community, I can see the warning signs when someone needs help. These are my top 6 signs someone needs chiropractic care and a health overhaul.

1. Sleeping on your stomach
2. Old reoccurring injuries
3. People who sit all day at work and commute long distances
4. If you are not exercising 2-3 times a week
5. If you regularly take medication
6. Pain

OVERVIEW

- [Welcome](#)
- [About](#)
- [Goals](#)
- [Progress](#)
- [Home Work](#)
- [Warning Signs](#)



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