

WHAT TO EXPECT FOLLOWING SOFT TISSUE MASSAGE THERAPY

Our goal with therapeutic soft tissue massage is to help release muscular tightness, adhesion and “knots” in the muscles which are either specifically *causing* your condition or *contributing* to the chronic patterning of your condition (i.e., muscular tightness which is causing the spinal vertebrae to remain out of alignment, restricted or subluxated).

When you are having therapeutic soft tissue massage performed, the treatment should not be painful. However, in order to be effective, the massage should be deep enough to help decrease the muscular tension and release the tight bands and trigger points. Remember, the goal in our office is *not* relaxation massage (as nice as that is). The day following the soft tissue work, you may experience some soreness (or maybe not at all). If you do experience this, it should pass within 2 days and then you will overall feel improved. If you experience soreness for more than 2 days, or you are very sore, you should inform the doctor at your next visit and we will adjust the intensity of the soft tissue work.

The treatment process often takes time to help improve or reduce the “knots” or adhesion. Sometimes a few visits suffice and other times it may be a maintenance process to help reduce the size and negative effects of the muscular tightness or trigger points. Prescribed stretching and exercises may be recommended by the doctor and will often augment and speed up the healing process. Patience with the treatment process often is necessary in advanced or very chronic cases. However with time, patience, and adhering to the treatment plan, you should attain success with improving or resolving your condition.

WHAT TO EXPECT FOLLOWING SPINAL MANIPULATION OR AN ADJUSTMENT

The purpose of spinal manipulation is to realign, misaligned vertebrae, restore proper joint functioning and intersegmental motion and, of course, to reduce joint related pain. Your doctor of chiropractic uses various methods to identify these dysfunctional areas, such as observation, static, and motion palpation of the vertebrae or joint.

Generally, spinal manipulation is not uncomfortable or painful and usually is quite relieving in nature. Commonly, patients will experience the feeling of decreased pressure or decreased compression in the spinal-segments or joints following a spinal adjustment. Occasionally, especially if the muscle tissue surrounding the joints are taut or spasmed or if the spinal/joint segments have been restricted or misaligned for a long period of time, the adjustment may be uncomfortable. Fortunately if this occurs, the discomfort is typically momentary following the adjustment.

Occasionally, one may be sore following the treatment but this is not typical and will frequently pass within 1-2 days. If you are sore for more than 1-2 days, please discuss this with the doctor at your next visit. Typically, icing the area for 15-20 minutes following a treatment shortens the period of soreness. Remember, this is not a common event and your spine may need time to adapt to a new, more correct position or alignment on the journey to healing.