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| **Who we are**Scott Family Chiropractic is a family rooted practice. Lead by Dr. J. Brent Scott, DC. Graduate of Life University with more than 17 years in Chiropractic Experience. * We provide the upmost and recent methods of care.
* We provide care for people of every age, with treatment for minor or major injuries.

**Contact Us**Address: 725 State StMuscle Shoals, AL 35661Phone: (256) 383-6238  |
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| Chiropractic Aftercare |
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| Low Back PainEighty percent of adults will experience significant low back pain during their lifetime. Low back pain usually involves muscle spasm of the supportive muscles along the spine. Also, pain, numbness, and tingling in the buttocks or lower extremity can be related to the back. There are multiple causes of low back pain. Prevention of low back pain is extremely important, as symptoms can recur on more than one occasion.**Care after your adjustment:** * **REST:** Rest from aggravating activity. Avoid prolonged sitting, driving, bending, heavy lifting, and twisting.

**HYDRATE:** Your body is mostly made up of water and it relies on water to help cushion joints and flush away waste products produced. When you have an adjustment at the chiropractor, your muscles and joints are being retrained. If you’re not hydrated enough then your joints can’t shift and heal as they need to. Drinking water after your adjustment will also help nourish the discs between the vertebrae, keeping your spine supple and flexible. As a rule of thumb, you should ideally drink about half of your body weight in ounces per day. |  |  | * **POSITIONING:** Modifying your sleeping position can help ease strain on your low back. Make sure your bed is firm enough to give you adequate support, and use a small pillow for your head. If you sleep on your back, try putting a pillow under your knees. Or if you prefer to sleep side lying, put a pillow between your thighs and if you are side bent, a folded towel under your waistline.

**Prevention:** * Practice good posture. The goal is a neutral spine, not slumped or over- arched. Avoid slumping in chairs and practice good posture techniques.
* Practice proper lifting and body mechanics.

\*See your health care provider if you have the following: Significant pain that persists beyond a week, unexplained fever, redness or swelling on the back or spine, pain/ numbness/ tingling that travels down the leg(s) below the knee, leg weakness, bowel or bladder problems, or back pain due to a severe blow or fall. \* |
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| Neck PainThere are many different reasons for developing neck pain. Not only can it be present in the neck itself, but symptoms such as headaches or pain, tingling, and/or numbness into the upper extremity, can be related to the neck. **Care after your adjustment:** * **POSTURAL AWARENESS:** Maintain proper postural alignment throughout the day in order to decrease any strain created on your neck.
* **CONTROL SWELLING AND PAIN:** Rest after your adjustment. Lie down on your back with a thin pillow or lie down on your side with a thicker pillow to support the neck. This will relieve the pressure and relax any tight muscles. Apply ice for 20 minutes and repeat 4-5 times daily. The ice will help decrease swelling and muscle spasms.

**HYDRATION:** adequate hydration is also very important following an adjustment, you should ideally drink about half of your body weight in ounces per day. If you’re not hydrated enough then your joints can’t shift and heal as they need to. Drinking water after your adjustment will also help nourish the discs between the vertebrae, keeping your spine supple and flexible |  |  | **Prevention:** * Place your work at eye level to avoid awkward positions.
* Take frequent breaks (every 30 Minutes) and do stretching and range of motion exercises.
* Sleep on a firm mattress Use a thin pillow to lie on your back or a thick pillow to lie on your side. This will keep your neck in alignment with your spine. Avoid sleeping on your stomach.
* To regain good posture, do simple exercises every day to help build essential support of your neck, and shoulders.

\*See your health care provider if you have the following: Significant pain that persists beyond a week, unexplained fever, redness or swelling on the back or spine, pain/ numbness/ tingling that travels down the leg(s) below the knee, leg weakness, bowel or bladder problems, or back pain due to a severe blow or fall. \*. |
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