

What are some day to day measures I can take to keep my back and neck healthy?

Looking after one's back and neck is very important in staying healthy. By maintaining proper spinal alignment one can keep proper nerve flow to all organs, muscles, joints and tissues. This is accomplished by chiropractic adjustments, recognizing and relieving stress, stretching, exercising, proper diet and good posture.

Remember to do some simple stretches at work. Don't wait for those muscles to tighten up. Beat them to the punch.

You and your chiropractor need to decide what interval of time between visits best suits you. Normally patients receive an adjustment every three to six weeks.