

# Reaction

---



## Return to Normal Health

When undergoing chiropractic adjustments to re-align the spine and re-set the vertebrae that are out of place, it is NOT unusual to experience varying degrees of discomfort and symptomatic disturbances. These discomforts are part of what we term REACTION.

REACTION is the body's response to an adjustment. An adjustment enables the spinal column to normalize itself. Following an adjustment, irritation of the nerves is reduced, muscles tone is normalized, discs are reshaped to provide the normal cushioning between vertebra, and tension on cartilage, caused by stress is lessened.

REACTION occurs most commonly between the first and fifth adjustment, but may vary with the individual and the severity of his or her condition. When, and if reaction occurs, it may last from one to several days, but in the vast majority of cases will diminish in 2 to 3 days. Approximately 10% of chiropractic patients DO experience REACTION, so if you are among this group, there is no cause for alarm.

Actually, REACTION is a healthy change occurring within the body. The mechanics of the change can best be understood by explaining that the spine is being adjusted to a normal position. Therefore, there is an element of physical change which involves bones, muscles, ligaments, nerves, blood vessels, connective tissue and cartilage. All of these tissues and structures must adapt to the new, normal position. This adaptation process, which is part of the change to a healthier condition of the body, is often accompanied by REACTION.

Keep in mind that REACTION following a chiropractic adjustment is due to the removing of obstructions caused by pressure upon the spinal nerves, and is, in fact, a sure sign that the normal flow of nerve energy is being restored to the affected areas. In that sense, we can then say that REACTION is simply another way of REACTIVATION, which is nature's way of telling you that you are getting WELL.

Remember, we are here to answer any and all of your questions. Feel free to ask our helpful Health Team.