

TURN UP THE HEAT

Chronic muscle tension and spasm is not only uncomfortable, it can hamper your range of motion, affect job performance, and decrease your overall quality of life.

Subluxated spinal joints create an imbalance in the musculature surrounding the spine, and when the subluxation becomes chronic, so does the muscle spasm. Subluxations can also alter the nerve flow into a muscle, causing it to continually fire, resulting in constant muscle tension. Adjusting pressure off of the nerve re-establishes the proper signal into the muscle and realigning the vertebra

also allows the muscles to physically relax back into their natural position.



In cases of chronic spasm, one of the simplest and most effective things you can do to complement your adjustments is to use moist heat to reduce the intensity of muscle tension. This is an

excellent habit to get into between your adjustments. Reducing the severity of muscle tension will help to ease the pulling forces on the vertebra, which typically means that your adjustment will have longer-lasting effects.

INSTRUCTIONS:

- Always use a *moist* heat. Moist heat will penetrate deeper and is more effective than dry heat at relaxing chronic muscle tension. Also, your muscles are made mostly of water, and a moist heat poses no risk of dehydration.
- Never place a hot pack directly on the skin. Use a towel or terry cloth cover over your hot pack.
- Limit the use of a hot pack to 15-20 minutes at a time. The body can quickly adapt to the heat and prolonged sessions can easily result in burns.
- In cases of an acute flare-up of a chronic problem, use ice first to reduce inflammation, then switch over to moist heat.