

NEW PATIENT INSTRUCTIONS

**Welcome. If you have any questions,
please don't hesitate to ask.**

We are here to help.

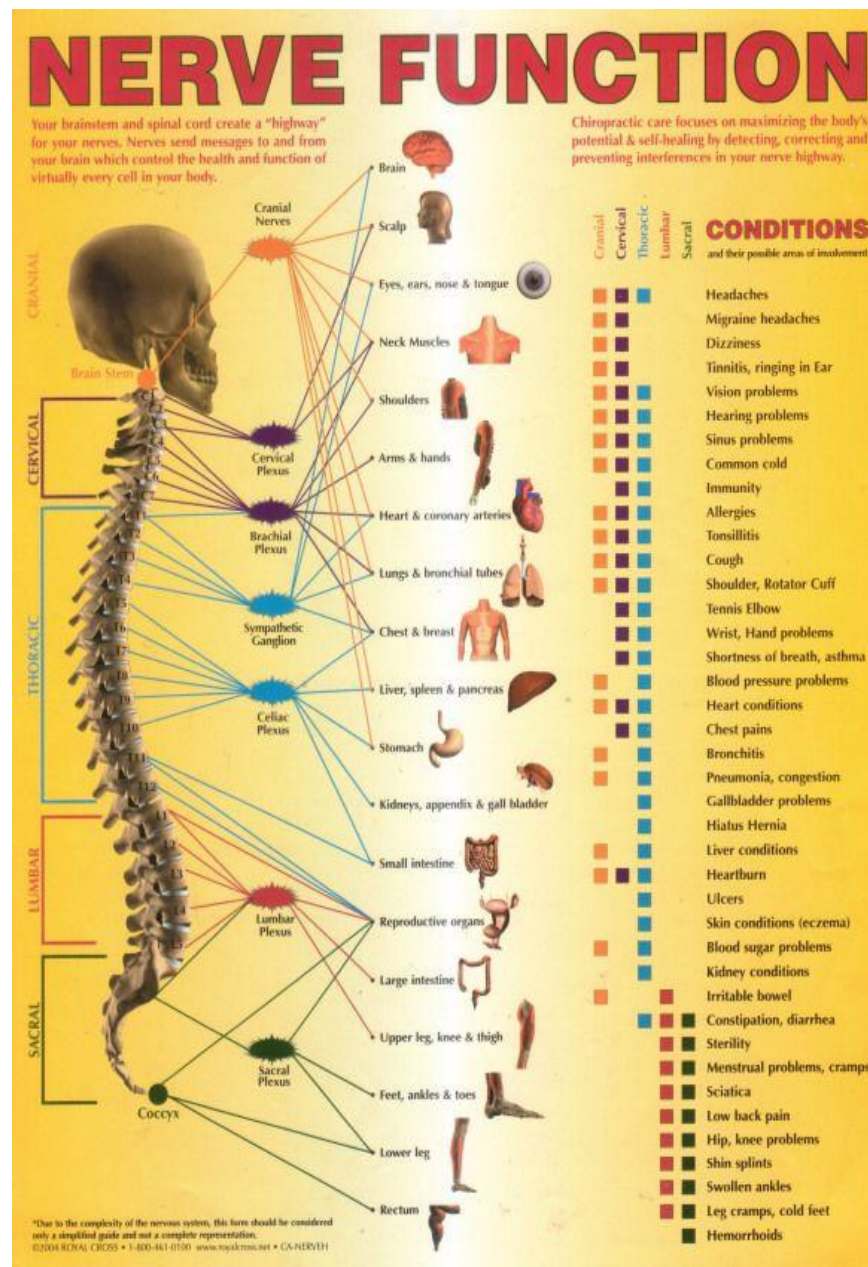
- Please use the office number (856) 218-1330 for all scheduling and office-related questions
- Your body may take a few adjustments or a few weeks to begin changing to a point that you notice a difference. If you have questions please ask!!!

Neurology

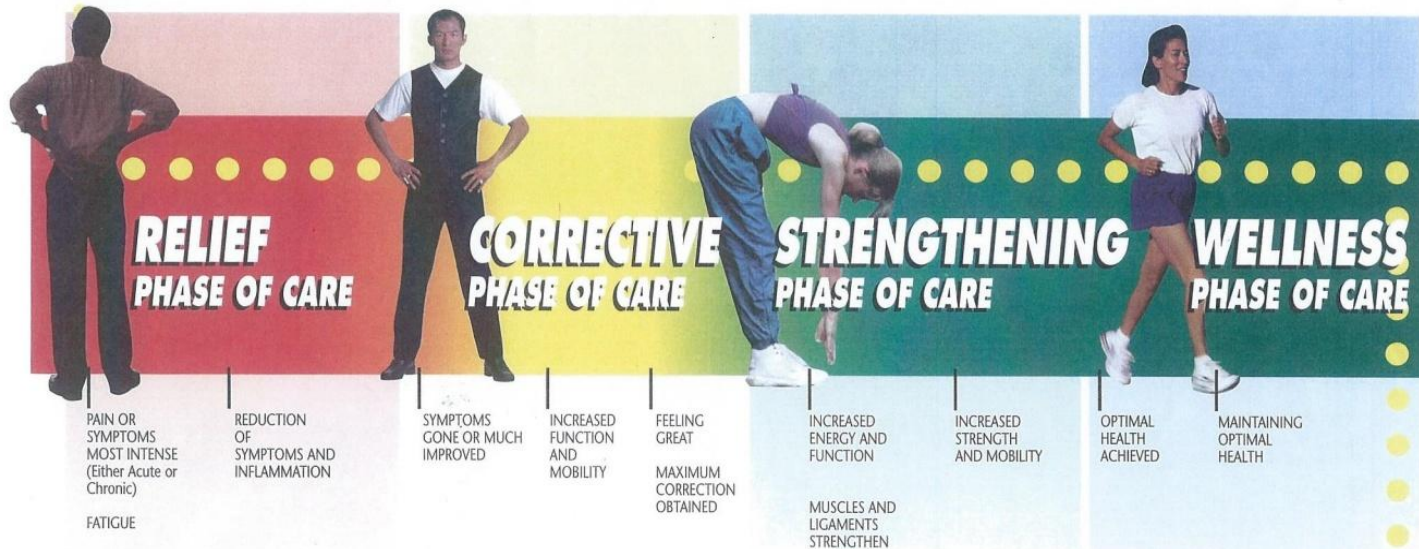
- Chiropractic is both a musculoskeletal AND neurological altering procedure
- You should expect to notice joint and muscle changes early on, but also look for effects on your other body systems related to digestion, energy, sleep, and others. Feel free to ask for a spinal nerve chart at your future office visits

A spinal Subluxation is a misaligned or stuck spinal bone that interferes with the transmission of nerves that exit the spinal cord and run throughout the body

Most subluxations do not cause PAIN, but they DO cause DYSFUNCTION



THE FOUR PHASES OF CARE



**It takes time for your body
to break down
Give your body time to heal**

SPINAL HYGIENE

Easy steps to improving your spinal
biomechanics

Cat/Camel Stretch

NEW PATIENT
ACTIVITY

- Your best friend if you are trying to improve motion and reduce lower back pain and tightness SAFELY
- UP AND DOWN 20-30 TIMES



Prayer Stretch

- The best stretch for low back tightness
- 30 SECONDS



NEW PATIENT
ACTIVITY

McKenzie Extension

- The best stretch for low back disc problems
- 30 SECONDS



NEW PATIENT
ACTIVITY

STANDING EXTENSION STRETCH

NEW PATIENT
ACTIVITY

BE SURE TO FULLY EXTEND YOUR SPINE BACKWARDS, PINCH YOUR SHOULDER BLADES BACK AND DOWN, AND EXTEND YOUR NECK BACKWARDS. IF YOU GET LIGHTHEADED OR ARE INSTRUCTED BY YOUR DOCTOR NOT TO EXTEND YOUR NECK, SKIP THAT PART. IF YOU ARE UNSTEADY, PERFORM THIS SEATED ON THE BED, OR STANDING IN FRONT OF THE BED. IF YOU FEEL NAUSEOUS PLEASE STOP AND ASK ME. ~3 SECONDS EVERY HOUR



THORACIC SIDE BEND

“Richard Simmons Stretch”

NEW PATIENT
ACTIVITY

SIDE BEND X12



ROTATION WITH SHOULDER STRETCH

“Modified Disco Stretch”



NEW PATIENT
ACTIVITY

Please rotate
your torso fully
and then extend
your arm up
across your
body X12

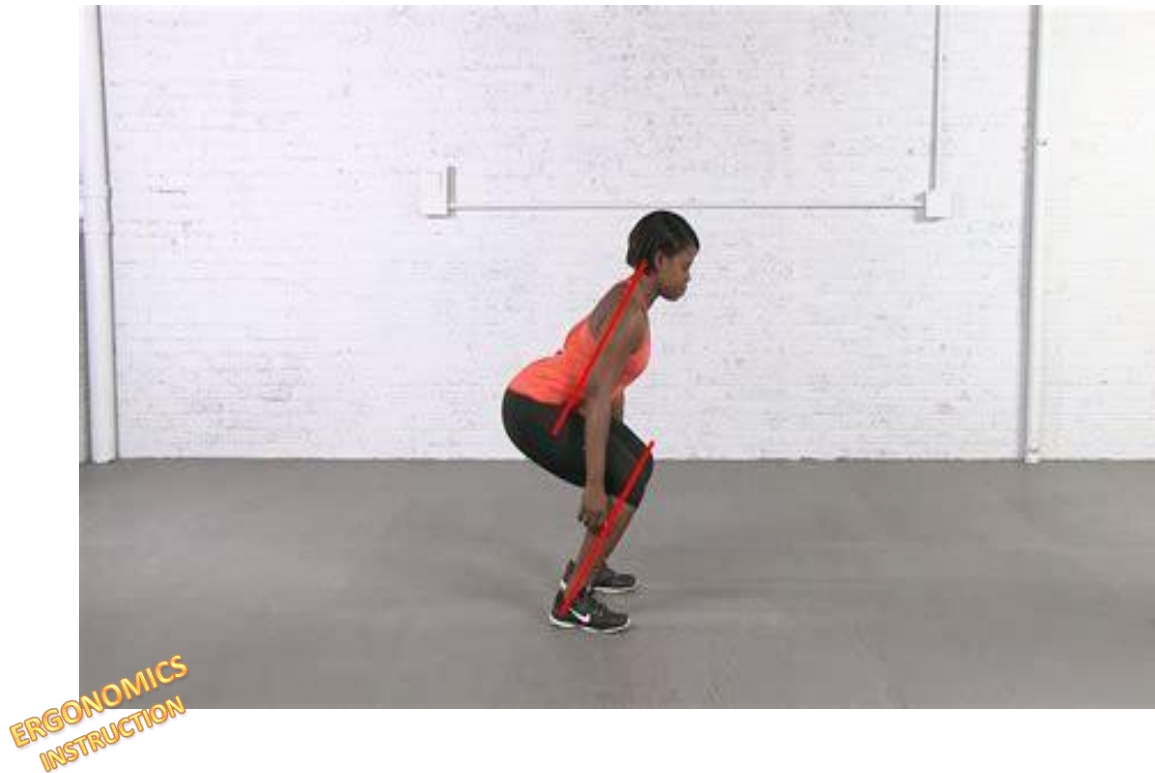
SIT UPRIGHT

ERGONOMICS
INSTRUCTION



De Cotiis Chiropractic Wellness
30 W Holly Ave Pitman (856)218-1330

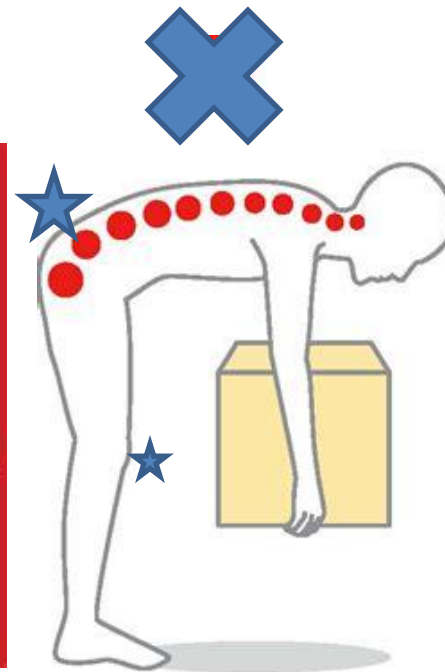
LIFTING BIOMECHANICS



Knees bent, chest up, butt out

CAN YOU IDENTIFY THE PROBLEM?

ERGONOMICS
INSTRUCTION



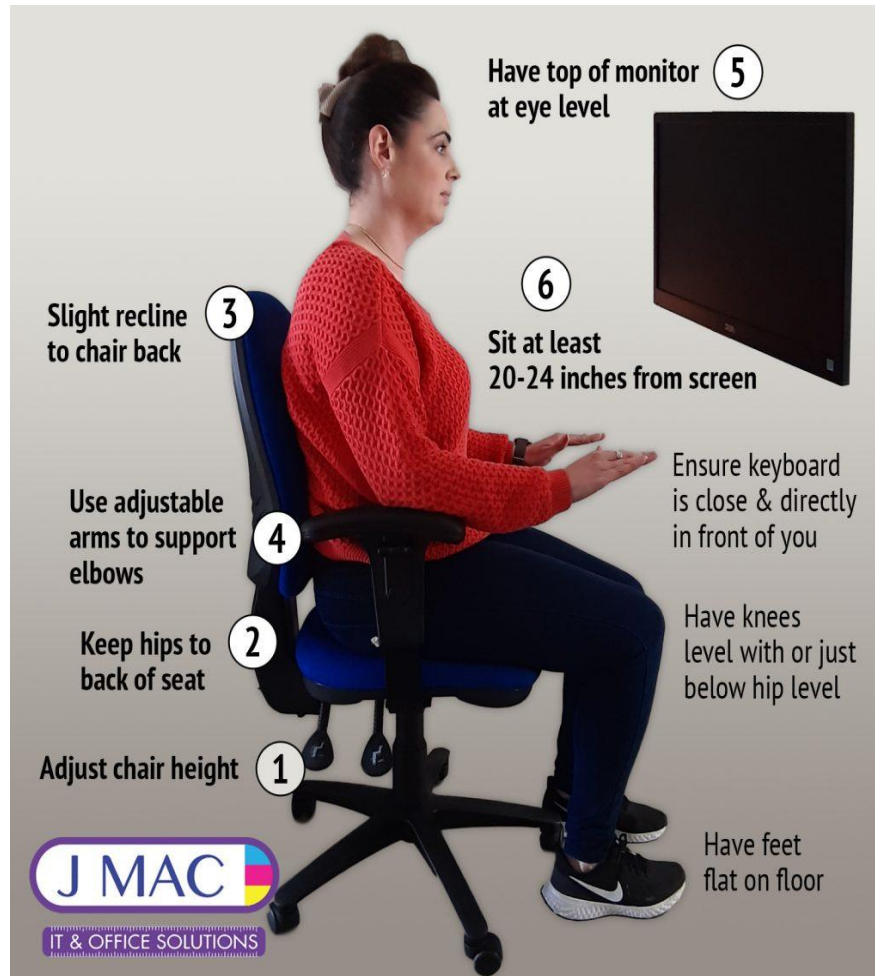
SIT-TO-STAND WORKSTATION



Start in the standing, upright position

ERGONOMICS
INSTRUCTION

UPRIGHT SEATED “REST” POSITION



ERGONOMICS
INSTRUCTION

SLEEP POSTURE

- Side-lying or back-sleeping are the only two ergonomically appropriate sleep positions
- In either position, appropriate neck support is required. Ask us about the right support pillow
- If you don't know what kind of pillow you need, get into your comfortable sleep position, and ask someone to get a picture of your head, neck, and torso. Look for a balanced aligned position, and if you would need a taller, shorter, or different shaped pillow



DON'T GET SICK!!!

Since Everyone Asks Me

“HOW CAN I KEEP FROM GETTING SICK THIS YEAR?”

HERE ARE MY RECOMMENDATIONS...

- GET ADJUSTED EVERY 2 WEEKS; AND 2-3X/WEEK IF YOU FEEL A COLD COMING ON.
 - Why? The brain controls the immune system and subluxations interfere with the brain's control over the body
-
- HYDRATE: HALF YOUR BODY WEIGHT IN OUNCES OF WATER DAILY
 - ...ex: A 160lb person needs 80 ounces of water per day
-
- DAILY VITAMINS and SUPPLEMENTS:
 - Vit C 500mg 2x/day, B-Complex, Multi-Vitamin, Magnesium 500mg
 - 8-10,000 IU VIT D for avg adult, (4-5,000IU middle/high school)
 - Quercetin 500mg, Echinacea 900mg, Daily Probiotic, Curcumin 950mg
-
- AT THE FIRST SIGN OF SICKNESS:
 - ECHINACEA (900 mg every few hours) AND
 - ZINC (20 mg 6-8x/day) (zinc may cause nausea)
-
- LOTS OF REST AND STRESS REDUCTION
 - Yoga, Downtime, New Hobbies, etc.
-
- GET OFF SUGAR, CARBS, CAFFEINE, NICOTINE
-
- HOME-MADE CHICKEN SOUP
-
- NETTI POT EVERY DAY to relieve congestion.
- Saline sprays do not work as well
-
- ASK DR. JOHN TO PERFORM A SINUS RELEASE TO HELP DRAINAGE.
-
- STAY AWAY FROM COUGH AND COLD DRUGS, AS WELL AS FEVER REDUCERS. THEY WILL PROLONG THE ILLNESS.
-
- BREATHE-RITE STRIPS DO A GREAT JOB OF OPENING NASAL PASSAGES

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Recommended

Daily Wellness Supplements

- **Vitamin D3 w/K2:** Important for maintaining healthy bones and teeth. Supports healthy blood pressure and immune system functioning. Improves mood and enhances cognitive functions. Helps reduce the risk of diabetes, dementia, and cardiovascular disease.
- 8000 – 10000iu / day ages 15 - adult • 4000 – 5000iu / day for children ages 8 - 14
- **Krill Oil/Fish Oil:** Excellent source of healthy omega-3's and astaxanthin (krill). Supports heart and joint health. Is an anti-oxidant and an anti-inflammatory. Supports a healthy immune system. 3g / day
- **Curcumin /Turmeric:** Scientifically proven health benefits such as the potential to prevent heart disease, Alzheimer's and certain cancers. Also supports joint health and is a free radical anti-oxidant. 1500-2000mg / day
- **Probiotic:** Important for gut health by restoring the natural balance of gut bacteria. Helps in the prevention and treatment of diarrhea. Helps boost the immune system. As a mood balancer may help reduce depression, stress and anxiety. 2 capsules 30 minutes before meals
- **Multi Vitamin:** Taken daily, helps to fill in the gaps in nutrition left by the standard American diet. 1x / day
 - **OR**
 - **Vitamin C:** 500 mg / day following a diet that includes meat, fruits & veggies
 - **Vitamin B12:** if you do not eat meat
- **Astaxanthin:** Superior anti-oxidant (fights cancer-causing free radicals in the body). Promotes healthy skin and eyesight. Supports the brain, as well as the central nervous and cardiovascular systems. 6mg / day
- **Joint Supplement:** (over the age of 40) Helps to fight arthritis and prevent further bone/joint damage. 2 capsules daily with meals
- **Echinacea:** Combats the flu and colds and when taken daily, supports a healthy immune system. Studies show Echinacea to be a natural treatment for ADHD as well as cancer. As an anti-inflammatory it fights infections and helps to alleviate pain. 2 capsules daily during cold/flu season & 2 capsules 3x / day at first sign of sickness
- **Ubiquinol:** Strong anti-oxidant support – helps to maintain a healthy heart and vascular system. 50mg 2x / day
- **CBD Oil:** Research shows that daily use reduces pain, inflammation, and anxiety while promoting restful sleep.

WEIGHT LOSS

- Ask us about healthy weight loss methods that produce results
- We have been providing weight loss instruction for 15 years
- We can teach you eating patterns that produce results for free, or inexpensive accelerated programs that produce serious results fast.



VitaminMed

Servicing the Health Care Profession with Quality

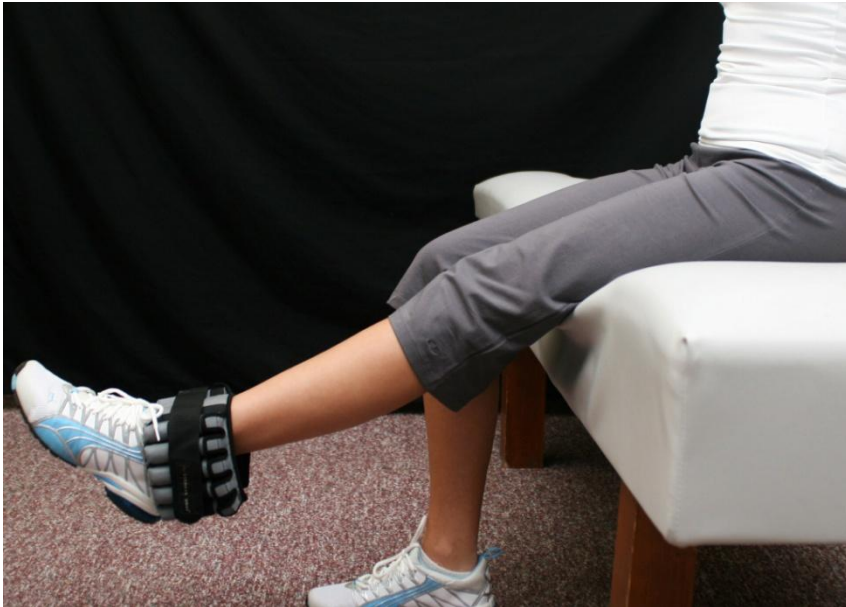
PAIN RELIEF

- FOR FASTER PAIN RELIEF WE RECOMMEND A FEW SUPPLEMENTS:
 - CBD (cannabidiol) hemp oil (rub and sublingual)
 - FORMULA 303 (herbal muscle relaxer)
 - Krill oil/Fish oil
 - Curcumin/turmeric
- Ice a new injury 20 minutes every hour
- Kinesiotape can help speed recovery
- We can utilize Therapeutic Ultrasound to reduce pain and speed recovery
- If appropriate, a TENS (muscle stim) pain relief machine will be distributed to you, with instruction
- If needed, we utilize several lower back support belts, some of which are insurance payable, and others are low-cost enough for cash purchase.
- For neck strain, ask about a foam collar to permit rest and improve healing times

PHYSICAL REHAB

SUPERVISED OR AT-HOME

INSTRUCTION, DEMONSTRATION



MIND, BODY, SOUL

Health is a TOTAL state of physical, mental, and social well-being, and not merely the absence of disease

Get back to some balance in your life by incorporating stress reduction, deep breathing, going for a walk in nature, learning new hobbies, working on relationships, learning new things

One of the pillars of health is a
POSITIVE MENTAL ATTITUDE

- Focus on spiritual and social well-being, for example by:
 - Getting back to church
 - Joining civic organizations
 - Coaching youth sports
 - Getting active in charity
 - Helping others in need
 - Working with the food pantry
 - Mentoring kids

There are so many conditions that respond to Chiropractic and other natural health care methods. We regularly see people with headaches, knee problems, TMJ, pregnancy problems, balance issues, vertigo, repeated infections, reflux, tightness in the shoulders, carpal tunnel syndrome. Constipation, difficulty falling or staying asleep, infant digestive problems, tailbone pain, work injuries, chest pain, hip pain, athletic injuries, sinus pressure, and lots of other things.

Please don't hesitate to ask us questions about any of your health concern. If we don't have answers for your specific issue we will find you someone that could help your situation.

We encourage you to ask about conditions your loved ones, friends, and family are dealing with; we're here to help.

Remember, our purpose is to help as many people as possible.