Chiropractic adjustment safety checklist

Use these steps from the article to prepare for a chiropractic adjustment and to respond to symptoms afterwards.

- [ ] Tell the chiropractor about every medical condition, medicine and supplement before treatment.
- [ ] Report any numbness, tingling or weakness before the chiropractic adjustment begins.
- [ ] Ask a doctor first when you have severe osteoporosis, take blood thinners or have a raised stroke risk.
- [ ] Check that the chiropractor is licensed or registered.
- [ ] Expect soreness, stiffness or tiredness that usually passes within 24 hours.
- [ ] Review progress against the goals set at the first visit.
- [ ] Call emergency services at once for signs of stroke after a neck adjustment.
- [ ] Go to an emergency department for loss of bladder or bowel control.
- [ ] Contact a health care provider for severe, worsening pain or new numbness or weakness.

Notes

For general education only. Not a substitute for professional medical advice.