

# **HOME CARE INSTRUCTIONS**

1. Your underlying structural condition, which effects your overall neuro musculo skeletal function, is termed a **Sacro-Iliac Slip with separation of the sacro-iliac joint** and stretching of the weight support ligaments. This condition is known as **Category Two**, and is present to varying degrees and types in most individuals. It may be chronic or acute. Your particular type of condition has been explained in detail by your doctor, as it applies to your overall health problems.
2. **Vecto Point Cranial Therapy** was developed by Dr. David Denton to correct the cranial, spinal and pelvic control mechanism. Its application results in such rapid correction, that the sacro-iliac area usually stabilizes in one to four Vector Point treatments.
3. The extremely rapid stabilization of the sacro-iliac may result in a complete shift of the bodies balance mechanism towards normal, and may be the first time this has occurred your lifetime. This rapid shift for the better, may be experienced as temporary muscle aching or soreness. The discomfort felt, although a good sign of progress can be disconcerting if not expected. Also be aware that some tiredness may be felt, due to the dural stress release. Another possible feeling can be a sense of lightness and well-being. Any or all of these will usually be normalized with the next treatment.
4. Following stabilization of your sacro-iliac instability, you will be what we term, a **Category One, The Defensive Recovery Category**.
5. The following is a list of things that will be necessary for the first few weeks, to limit further injury and aid in the healing process:

## **(DON'TS)**

### **Impact Sports**

(Tennis, jogging, racquetball, impact aerobics)

### **Lifting weight or stretching of low back & pelvis**

(Yoga, Bicycling, swimming, excessive stairs or Stairmasters, heavy physical work)

**Foods containing:** Refined sugar, alcohol, caffeine

**Emotional Stress,** whenever possible

## **(DO'S)**

**Walk** fifteen minutes maximum, three times daily

**Ice** whole sacro-iliac area, for ten minutes, after each walk

(Warning: do not use heat on back pain, only ice is safe.)

**Wear the Belt** for 24 hours per day for the first ten (10) days.

Thereafter, during waking hours only, until your doctor says your sacro-iliac is healed sufficiently.

**Important:** To obtain optimum results, be sure to follow through with the treatment plan suggested by your doctor. The frequency of your treatments will be reduced based upon your response to treatment.