

In Level One of Care You May Observe:

- ☺ The body's response to adjustments.
- ☺ Changes in the spinal musculature during and between visits.
- ☺ Ease or lack of ease in movements.
- ☺ Changes in respiration during and between visits.
- ☺ Changes in spinal posture.
- ☺ Regions of both discomfort and ease.
- ☺ Regions where tension is held or released.
- ☺ The body's natural rhythms and tendencies.