



The Process of Chiropractic Care

Generally speaking, there are three basic phases of chiropractic treatment that lead towards optimum health and body performance. Ideally, we will all be committed to a continuous maintenance regime once optimum performance has been achieved.

Phase 1 – Recovery from Symptoms

During this phase, a patient experiences rapid eliminations of symptoms such as pain, stiffness, immobility, etc. We know that such symptoms are brought on by a breakdown of the body's normal healthy function. Misaligned vertebrae cause interference in the nervous system that lead to nerve dysfunction, loss of nervous system control, and outward symptoms that interfere with our day to day lives. Dr. Mike and Dr. Angela will be consistent with their treatments throughout your care, but during this phase it's important that you advise them of your symptoms on every visit in order to complete this phase more quickly. Your visits for therapy and adjustments will be the most frequent during this phase, and it's important to keep all of your appointments. Each treatment builds on the previous one, so commitment is vital.

Phase 2 – Stabilization

After your symptoms have been eliminated, it's important to begin to rebuild your spine's strength. When a spine is traumatized or neglected, it is weakened and often suffers damage that takes time to correct. The focus of phase two is to strengthen weak areas in the spine and other parts of the body. The goal is to help your spine function more efficiently than it did prior to the trauma or neglect. Your visits will be less frequent during this phase, but your at-home exercises and responsibilities will become more vital to the healing process. It is important that you stick to your recommended at home therapies so that you can increase your health and performance.

And then you get to the ongoing experience of maintaining your new stability and health!



Phase Three – Supportive Maintenance & Prevention of Recurrence

At this point in the process, you should find that your original symptoms are gone, you feel a lot better, and your spine is stronger and more flexible. The objective of the third phase is to make sure you continue to feel your best and prevent regression in your spine and your health. Once again, the frequency of your visits for adjustments and therapy in the office will be reduced, depending on your response to the previous phases.

Many of our patients find that on-going and incremental chiropractic care contributes to a better quality of life overall. We encourage regular chiropractic adjustments to maintain your long-term health!