



Six Reasons to Continue Chiropractic Care

Are you a proactive person or a reactive person? If you go to the dentist for regular check ups to catch small problems before they become big problems, or change the oil in your car at regular intervals, you are among the many that enjoy the benefits of being proactive. Is your health spinal health any different? Multitudes of Canadians undergo regular chiropractic check ups to maintain the health of their spine. That way, they add life to their years and years to their life.

1. *Continue Your Progress*

Ligaments and muscles that support your spine take longer to heal than indicated by how you feel. Your body continues to heal these soft tissues even after your symptoms are gone. Continuing with wellness chiropractic care encourages more complete healing. This helps ensure a lasting recovery.

2. *Prevent a Relapse*

Before obvious symptoms provided a warning, your body adapted to the soft tissue damage caused by improper spinal mechanics. Without continued chiropractic care, muscles and connective tissue are predisposed to assume unhealthy patterns. Rehabilitative care continues to retrain and strengthen your spine to help avoid a relapse.

3. *Avoid Future Problems*

Long periods of sitting, financial worries, toxic environments, and many everyday activities can stress your spine. Stress, whether emotional or physical, can weaken your immune system, making you more susceptible to illness. A maintenance schedule of care can minimize the effects of these stresses and can help avoid small problems from becoming big ones.

4. *Save Money*

Besides keeping you at your best, continuing your care can save you money. Just as brushing and flossing your teeth can prevent expensive dental work, regular chiropractic check-ups help avoid the expense of having to correct preventable problems.

5. *Feel Great*

Continue your chiropractic care so you can enjoy life to the fullest. Drs. Uchacz, Gareau or Holliday will recommend a schedule of preventative care visits based on his clinical experience. Patients who enjoy a chiropractic lifestyle report they have more energy and feel better. Health is not merely the absence of disease, but rather is the culmination of physical, social, and emotional well-being.

6. *Continue to Learn*

The concept of proper spinal hygiene is new for most people. Ask questions. Learn how to become an active participant in your own health care. Make sure you fully understand the role of your spine and nervous system in the maintenance of good health – *it's your most valuable possession.*