



THREE TYPES OF CHIROPRACTIC CARE

1. Initial Intense Care

If an ache, pain, or other obvious symptom has prompted you to begin chiropractic care, the first thing you want is to feel better. Office visits will be frequent and your adjustments may be combined with other procedures to help offer relief. Depending upon your age, condition, and lifestyle, repeated visits over weeks or months may be needed to reduce or eliminate your symptoms.

2. Rehabilitative Care

Muscles and other soft tissue damage often remain after your original symptoms have improved. In this phase people continue to go to their chiropractor because they need continued corrective care in order to strengthen and heal. Rehabilitative care stabilizes your condition and promotes more complete healing. Visit frequency is reduced and you may be encouraged to supplement your care with exercise or other self-care procedures. With your achy pain gone, true healing can occur. Stopping care now may risk a relapse.

3. Health Maintenance

With your present condition healed, chiropractic “check ups” can help preserve and maintain your progress. Occasional visits can help catch little problems before they become serious. Wellness-minded adults choose this type of care for them selves and their children. Maintenance care saves time and money by helping you stay well.