

#317 Rehab Transcript

Rehab Brochure

Header: Rehab
Subhead: And the Chiropractic Lifestyle
Cover photo: Patient on Medex Equipment

Photo: Patient using rehab equipment
Caption: Strengthening the muscles that support your spine can speed the healing process and help avoid a relapse.

STRENGTHEN MUSCLES AND SOFT TISSUES.

When muscles, tendons, or ligaments of the spine are damaged through work injuries, car accidents, over-exertion, repetitive motion, or simply weakened by inactivity, your overall health is affected.

Without the muscles, tendons, and ligaments of your body, you would collapse like a rag doll.

TOWARDS A MORE COMPLETE RECOVERY.

Without some form of rehabilitation, recovery from an injury or a long-standing spinal problem can take longer to achieve. Overlooking the importance of improved range of motion and muscle strengthening can result in a relapse, with your original health problem returning again and again.

Chiropractic rehabilitation involves the restoration of proper joint function of the spine or extremities, and the strengthening of supporting muscles and soft tissues. This will usually involve specific spinal adjustments, combined with a program of stretching, resistance training, and exercises to improve muscle tone.

Some patients receive a set of simple exercises or "maneuvers" they can do at home. Other types of injuries will require the use of specialized equipment to isolate and strengthen specific areas of the spine.

Ask your chiropractic doctor for ways you can speed the healing process and strengthen the supporting soft tissues of your spine through appropriate rehabilitation.

Photo: Patient using rubber band exercise strap
Caption: Many simple resistance exercises can be done at home to strengthen supportive muscles.

Photo: Patient on Medex equipment
Caption: Today's high-tech equipment can isolate, measure, and strengthen your spine.

Photo: Patient receiving chiropractic adjustment
Caption: An important step towards complete rehabilitation is restoring proper spinal function through chiropractic adjustments.

Photo: Computer screen showing improvement
Caption: Patients enjoy seeing and feeling their progress!

THE CHIROPRACTIC LIFESTYLE

A continuing schedule of regular chiropractic checkups can help detect, correct, and maintain optimum spinal and nervous system function. Find out how chiropractic care, combined with proper diet, exercise, and other aspects of good health and personal hygiene can enhance your well-being and help you enjoy life to the fullest. Ask your Doctor of Chiropractic for a care program designed for your age, condition, and lifestyle.

References