

Six Reasons To Continue Chiropractic Care

1 Continue your progress

Research suggests 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 after your symptoms are gone. Continuing with wellness chiropractic care encourages more complete healing. This helps assure a lasting recovery.

Photo: Patient receiving cervical adjustment

Caption: Relief care lays the foundation for complete healing of the soft tissues surrounding your spine.

2 Prevent a relapse

Before obvious symptoms provided a warning, your body adapted to the soft tissue damage caused by improper spinal function. 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.

Photo: Roller coaster

Caption: On-going chiropractic care can help avoid the ups and downs of acute flare-ups.

3 Avoid future problems

Long periods of sitting, financial worries, toxic environments, and many everyday activities can stress your spine. Even the slightest trauma can cause interference to your nervous system and compromise optimum health. Maintenance care can help keep you healthy and avoid small problems from becoming big ones.

Photo: X-rays of 49 year-old advanced Phase Two and 75-year old near normal.

Caption: 49 year-old cervical spine in the advanced stages of sUBLUXATION degeneration.

Caption: 75 year-old near normal cervical spine after more than 20 years of regular chiropractic check-ups.

4 Save money

Besides keeping you at your best, continuing your care can save 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.

Photo: Youngster eating healthy food

Caption: A chiropractic lifestyle and other healthy habits can help save time and money.

5 Feel good

Continue your chiropractic care so you can enjoy life to the fullest. Your doctor will recommend a schedule of preventive care visits based on his or her clinical experience. Most patients who enjoy a chiropractic lifestyle report they have more energy and feel better.

Photo: Couple enjoying a romantic stroll in the park.

Caption: Wellness care can help keep you healthy so you can enjoy every aspect of your life.

6 Continue to learn

Proper spinal hygiene is new for most people. Ask questions. Get involved. Learn how to become an active partner in the recovery of your health. Make sure you fully understand the role of your spine and nervous system in the maintenance of good health—your most valuable possession.

Photo: Doctors at X-ray view box.

Caption: Look to your Doctor of Chiropractic for a continuing source of information to help keep you and your family healthy.

CONTINUE CHIROPRACTIC CARE WITH:

(References)

© 1994 Back Talk Systems, Inc.
(800) 937-3113 (303) 277-9990