

#327 Types Of Care Transcript

Types of Care Brochure

Header: Types of Care
Subhead: Choosing the Chiropractic Lifestyle
Photo: Doctor and patient reviewing findings

Photo: Doctor and patient studying spine model
Caption: Your doctor will recommend a chiropractic care program that is based upon how you function, not how you feel.

WHICH TYPE OF CARE FITS YOUR GOALS?

There are three types or stages of chiropractic care. How long you decide to benefit from chiropractic care is always up to you.

Most patients start with Initial Intensive Care.

IN THE BEGINNING VISITS MAY BE FREQUENT.

The first thing most new patients want is to feel better. So, in the beginning, visits are usually frequent. Your chiropractic adjustments may be combined with other procedures to help relieve your symptoms. Depending upon your age, condition, and lifestyle, repeated visits over weeks or months may be needed to reduce your symptoms.

With your ache or pain reduced, the goal of Rehabilitative Care is for more complete healing to occur. Underlying muscle and soft tissue damage can remain, even after you feel better. At this stage, visit frequency is often reduced.

You may be urged to supplement your care with exercises, dietary changes, or other self-care procedures. Without complete healing, discontinuing care now can set the stage for a relapse.

After the recovery of your original problem, regular chiropractic "checkups" can help preserve your progress. Periodic visits can help catch little problems before they become major concerns. Wellness-minded adults and their children choose this type of care to look and feel their best. Like other preventive measures, a chiropractic lifestyle can save time and money by helping you stay well.

Photo: Optometrist performing eye examination
Caption: Like corrective lenses for the eyes, Rehabilitative Care helps normalize spinal function.

Photo: Dental checkup
Caption: Like regular dental checkups, maintenance care can help prevent spinal decay and promote optimum health.

Photo: Resting after workout
Caption: A chiropractic lifestyle, combined with other healthy habits is part of wellness approach to health.

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