

Which type of care fits your goals?

There are three types or stages of chiropractic care. Initial Intensive Care is for pain or symptom management; Rehabilitative or Corrective Care is for improved function and spinal changes; Wellness or Elective Care is for non-symptomatic or preventative care measures. How long you decide to benefit from chiropractic care is always up to you.

Your doctor will recommend a chiropractic care program that is based upon how you function and how you feel.



THE CHIROPRACTIC LIFESTYLE

Chiropractors are experts in the care of the bones, nerves, muscles and connective tissues that make up about 60% of your body. All of the joints in your body are part of this musculo-skeletal system and its optimal function is necessary for overall good health. Ask your Doctor of Chiropractic for more information about a care program that may include specific spinal adjustments, exercise recommendations, nutritional advice or other conservative methods of care based on your health history, age, current condition and lifestyle.

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REFERENCES:

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Plaugher, G., D.C., Anrig-Howe, C., D.C., *Textbook of Clinical Chiropractic*, 360-363; Williams and Wilkins, 1993.

Types of Care AND THE CHIROPRACTIC LIFESTYLE



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SHARE WITH YOUR FRIENDS AND FAMILY

In the beginning, visits may be frequent.

Most patients start with Initial Intensive Care. 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.



A chiropractic lifestyle, combined with other healthy habits is part of wellness approach to health.

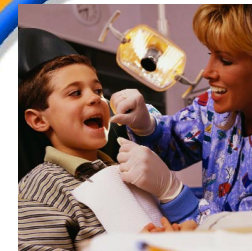
Visit frequency is reduced as patients respond to decreased symptoms and improved spinal function.

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.



Like corrective lenses for the eyes, Rehabilitative or Corrective Care helps normalize spinal function.



Like regular dental checkups, Maintenance or Elective Care can help prevent spinal decay and promote optimum health.

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.

