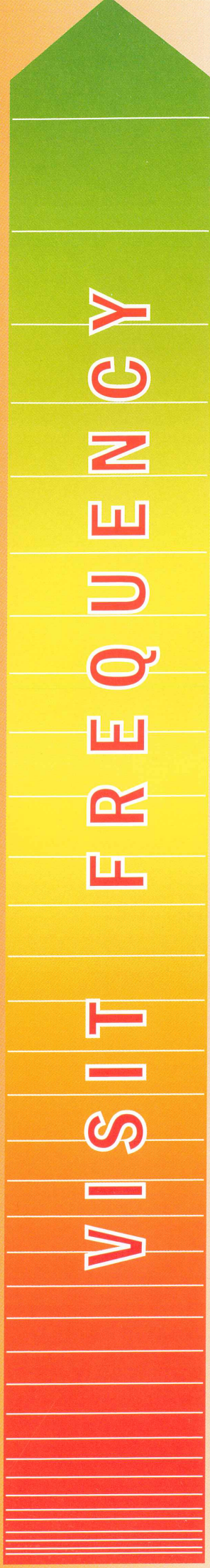


How long will it take?

Obvious Symptoms "Reporting Some Relief" "Feeling Better" "Symptoms Gone" "Feeling Great" Pre-complaint Status "Enjoying Optimum Health" Prevention and Maintenance



Joint Instability and Nervous System Dysfunction

Inflammation Reducing

Increasing Range of Motion

Improving Function

Soft Tissue Reconstruction

Muscle and Ligament Strengthening

Spinal Stabilization

Optimum Function

(Start care)

Corrective Reconstructive Care

(1 year work in progress)

Continue Reconstructive

Pre x-ray

(3-6 Months)

(1 year)

Progressive X-ray

Post X-ray

Ongoing maintenance

Initial Intensive Care (3-6 months)

This is where most patients begin their chiropractic care. Visits will be frequent and intensive in order to quickly reverse the instability and injuries. The primary focus is to reduce or eliminate your most obvious symptoms and force the body to change.

Each visit builds on the ones before. Keeping to the treatment frequency and plan is crucial. The success of your treatment depends on this phase.

Treatment Plan:

..... times per week for months

Continual Reconstructive Care

When your ache or pain diminishes, the objective is to correct the spinal structure and stabilize spinal function. Muscles and soft tissues of the spine are re-conditioned strengthened during this stage of care. This helps to prevent a relapse while promoting a more complete healing while continually maintaining the momentum of the restructuring of your spine.

The spine takes time and regular constant adjustments to heal, restructure and strengthen. This is achieved in this phase with a reduced frequency.

Treatment Plan:

..... times per week for months

Preventive / Wellness Maintenance Care

For continual restoration of spinal function, many patients enjoy regular ongoing chiropractic care. This type of preventive or wellness care can save time and money by keeping minor problems from becoming more serious while living an active life free from pain and aches.

For ongoing maintenance the frequency is based on lifestyle and physical activities of patient.

Chiropractic helps you reach your true health potential. An Optimum functioning spine equals Optimal health.

Treatment Plan:

..... times per week for months

Your Health is your most valuable possession.
Recovering your health will require an investment of your **energy, time** and **resources**.