

National Chiropractic Wellness Month October 16th World Spine Day

Article of the Month
October 2017

The Importance of Maintenance Chiropractic Care



Chiropractic care consists of three distinct stages of treatment; Relief Care, Corrective Care, and Maintenance Care.

Relief Care provides initial, temporary alleviation of your symptoms or pain. This typically occurs when inflammation is decreased and joint function restored through a spinal adjustment. Ice, heat or cold laser may also be incorporated during this phase of care. Relief care can be temporary if the underlying cause is not addressed. In many cases there is trauma to the soft tissue which requires healing and strengthening. Faulty muscle patterns consisting of weak or overly tight muscles also need to be addressed for lasting results. These conditions are often due to poor posture, repetitive use or micro-trauma.

Corrective Care takes longer because it addresses the trauma and faulty muscle patterns described above. Some considerations in the length of this treatment are the condition and integrity of the spinal column, the age and physical condition of the patient, the severity of the injury and the duration of the problem. Corrective care often includes rehabilitative exercises and soft tissue therapies in addition to spinal adjustments.

Maintenance Care is the final stage that ensures that the integrity of the spine is being sustained and supported. Because day to day activities put biomechanical strain on our bodies, we must continue to monitor the health and condition of your spine through periodic evaluations. Regular chiropractic adjustments will help insure you are living at your optimum level of health and function.

The benefits of maintenance care are that minor misalignments can be detected before they become symptomatic or well-established. Maintenance chiropractic care allows for improved posture, enhanced function, better athletic performance, reduced injuries and an overall enjoyable pain-free lifestyle. This type of preventative or wellness care can also save time and money by keeping minor problems from becoming more serious.

Article from <http://mynewwellness.com/>

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