

⊙ Based on our evaluation you are in the
Corrective or Spinal Healing Phase

You are starting to **hold your adjustments** for longer periods, but you are still **subluxation-prone**. Your **subluxation pattern** may shift and different areas may need to be adjusted on each visit. **Continued corrective care** helps your **vertebrae, nerves, discs, muscles, tendons, ligaments and other structures strengthen and heal**.

Why are you in this phase?

- ⊙ Your **spine is responding** to chiropractic care and **strengthening**. You are experiencing less subluxation damage and you are **releasing old spinal stress**. Symptoms may be decreasing.
- ⊙ Your **height loss slows** or stops and flexibility improves, as do physical and emotional overall well-being. The **fibrosis** (scar tissue) around your joints and nerves is **dissolving**.
- ⊙ Your spine is beginning to **hold adjustments** and **release stress** for longer periods; bone, joint, nerve, disc, muscle, meningeal, tendon and ligament healing and **stability is increasing**.
- ⊙ Lipping and spurring (boney growths) or **spinal degeneration is decreasing**, halting or reversing.
- ⊙ Your **ligaments and tendons are strengthening** so you can hold your adjustments for longer periods. Your **muscles are strengthening**. Your posture is becoming more balanced and centered. Your head, shoulders, lower back, hips and legs are not as fixated.
- ⊙ **Spinal disc** deformation, flattening, swelling or damage (tearing) is **healing**.
- ⊙ Your **energies are flowing better**; symptoms may change as healing is promoted. Old symptoms may briefly return (retracing). **Sensitivity to your physical and psychological needs may increase**.



Your schedule for Corrective or Spinal Healing Care (subluxation correction) is:

Re-evaluation after _____ days/weeks/months on _____ (date)
(circle one)