CHIROPRACTIC
Bringing Out The Best In You

Patient _____

Doctor _____

Date _____ Case # _____

◉ Based on our evaluation you are in the

Initial Intensive Care Phase

With regular care you will begin to hold your adjustments (release subluxation stress more efficiently). Periodic lifetime chiropractic care is the ideal for everyone to live a happier and healthier life.

Why are you in this phase?

○ Years of chronic (long-standing) or acute (sudden) subluxations have damaged your spine and nervous system.

○ An accident or an injury may create "years" of damage in a relatively short time.

○ Your spine is weakened and less stable—your adjustments may hold briefly and incompletely.

○ Height loss, stiffness, tightness, tension and physical or emotional stress, mental fatigue and premature aging is common at this level. You have spinal degeneration.

○ Your energy is low and your ability to adapt to life's stresses is compromised. You have less sensitivity to your physical and psychological needs.

○ You may have many symptoms—a sign that your body is struggling to adapt and heal.

Why will it take time to heal?

○ Fibrosis, a form of scar tissue, builds up around your joints, nerves and related tissues, tightening your body and fixing it in a locked position. It takes time for this scar tissue to dissolve.

○ Pressure on your joints causes boney growths (lipping and spurring) that form to protect an area under stress. These growths take time to reabsorb.

○ Stress to your muscles, tendons and ligaments due to years of chronic subluxations can weaken them, making it difficult for your spine to hold its adjustments.

○ Long-standing subluxations may cause disc deformation, flattening, swelling or damage (tearing). Discs take time to heal.

○ Long-standing subluxations can cause poor posture. When your head is off-center, your shoulders, lower back, hips, and legs compensate to prevent further subluxation damage. It takes time to reestablish good posture.

Your schedule for Initial Intensive Care (subluxation correction) is:

_____

_____

_____

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