

chiropractic

Bringing Out The Best In You!

Based on our evaluation you are in the:

Initial Intensive Care Phase

Patient _____ Date _____

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 body 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)