

chiropractic

Bringing Out The Best In You!

Based on our evaluation you are in the:

Corrective or Nervous System Healing Phase

Patient _____ Date _____

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 body is responding** to chiropractic care and **strengthening**. You are experiencing less subluxation damage and you are **releasing old 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 body is beginning to **hold adjustments and release stress** for longer periods; bone, joint, nerve, disc, muscle, meningeal, tendon and ligament healing and **stability are 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 Nervous System Healing Care (subluxation correction) is:

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