

3 PHASES OF CHIROPRACTIC CARE

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Phase 1 - Initial Intensive Phase:

This phase often begins with the patient presenting for treatment in pain from a recent injury or a chronic condition. The patient's spine is usually quite unstable during the early part of this phase. Chiropractic care during this phase is started gently, with lighter force techniques to provide care that is effective, yet as comfortable as possible. Since recent injuries and chronic conditions cause the spine to be out of balance and unstable, the spine often does not hold its corrective chiropractic adjustments well, necessitating more frequent visits during this phase. Symptoms ease quickly for some and more slowly for others. It is critical that patients keep their appointments and follow any lifestyle recommendations made by their Doctor of Chiropractic to obtain the relief, spinal balance and spinal stability necessary for proper healing to begin. Although no two conditions and patients are exactly alike, the typical adult patient will need 2-3 visits per week for approximately 3-6 weeks depending on a variety of factors.

Phase 2 – Corrective Care Phase:

During this phase the patient's symptoms may have completely disappeared and spinal stability is beginning to return, but much healing still needs to occur. Discontinuing care at this time would likely result in a quick relapse of symptoms and a return to spinal imbalance. As this phase continues spinal stability and strength improve. Visit frequency can now begin to decrease as home exercises and stretches are begun to aid in achieving lasting correction and spinal stability, resulting in improved quality of life and health. Again, since no two people or their conditions are alike, the visit frequency and length of this phase can differ, but the typical adult patient will begin this phase with 2 visits weekly and end with 1 visit weekly over a 2-3 month period of time.

Phase 3 – Spinal Maintenance/Wellness Phase:

This phase begins when your spine has become stable and is handling the stresses of life better. This is when a patient continues to maintain a healthy lifestyle and their chiropractor recommends a routine of regular chiropractic spinal checkups and adjustments as necessary to

maintain a healthy spine and nervous system. Maintenance care visit frequency depends on how severe the spinal imbalances were at the onset of care (i.e. disc problems, arthritis) and how much correction was possible. It also depends on the extent the patient has gotten involved with their health; after all, doing more “right” things right and less “wrong” things wrong (making better healthy lifestyle choices) will yield better results in all 3 phases of care. The typical maintenance patient will enjoy better health and quality of life by having their spine checked 1 to 3 times per month, unless a new injury or re-injury occurs.

Every patient’s care plan and results will be different, just as a person’s history of injuries, health problems and lifestyles are different. But one thing always holds true, those that keep their appointments, follow the doctor’s recommendations and get more educated and involved in their health, achieve better and longer lasting results in less time. Restoring and maintaining your health and your family’s health is a team effort. We at Berezny Chiropractic are here to guide you in taking better care of yourself and your family so you can have a longer, healthier life – enjoying life more fully. Ongoing chiropractic spinal maintenance care keeps your spine and nervous system functioning optimally – resulting in the healthier body and life you and your family desire and deserve. It is our honor and our pleasure to serve you and your family, and watching you enjoy the benefits of a healthier chiropractic lifestyle.