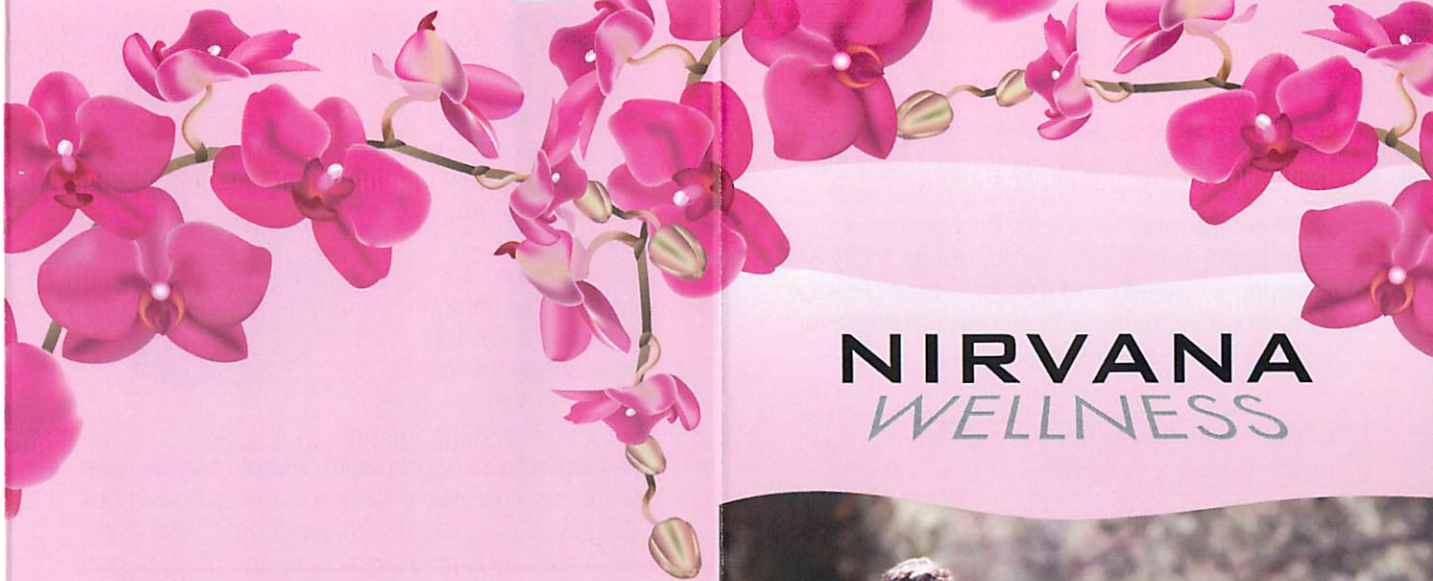


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**204.777.7546**



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**Chiropractic Care**

*Gentle Natural Effective*

## What is Chiropractic Care?

Chiropractic care focuses on the integrity of your nervous system. Your brain, spinal cord, and the rest of your nerves control every aspect of your body. When the vital nerve links between your brain and body become hindered, due to injury or degeneration, ill health and pain can result. Precise chiropractic adjustments are intended to improve these mind body communications.

## How Can Chiropractic Care Help Me?

Your body has a natural healing capacity. This is sometimes blocked by interferences, also called subluxations. These nerve interferences are most common along the spine. Objective tests help locate these interferences and precise chiropractic adjustments help correct or reduce them.



## What Are the Goals of Chiropractic Care?

There are three main goals of Chiropractic Care, symptom relief, corrective care, and maintenance care.

### Symptom Relief

Most people seek Chiropractic care because they are experiencing acute pain. The most common reasons people consult Chiropractors is for neck pain, headaches or low back pain. This can be

accident related, posture or work related or due to an injury. Numerous studies have shown Chiropractic Care to be effective in relieving the symptoms of these conditions. However, just because these symptoms subside does not mean that the spine has been restored to good health. People can develop serious degenerative changes in the spine without experiencing any significant symptoms. Although symptom relief is an integral goal, the ultimate goal of Chiropractic Care is to restore and maintain the health and function of the spine.



### Corrective Care

Corrective Care aims to correct the underlying structural cause of the problems. More important than the relief of symptoms is the restoration of the normal health and function of the spine. This takes more time than symptom relief. Consider how long it takes to increase the flexibility of a muscle. Only through gentle stretching on a regular basis can flexibility slowly be increased. This is similar to what Chiropractors do to correct joint movement. Chiropractors gently and precisely adjust specific joints in order to increase their mobility. By normalizing the movement of the spinal joints, Chiropractic Assists in keeping the back strong, healthy and resistant to re-injury.



### Maintenance Care

Maintenance Care is recommended once the problem areas have been corrected. Occasional Chiropractic adjustments help ensure the spine is maintained in good health and helps prevent a recurrence of old injuries.

## How Long Will It Take?

How long it takes depends on each individual person, how fast their body heals, and how long the interference has been present in the body. If you're not seen frequently enough, correcting negative patterns in your spine will be very slow.

## Should I See a Chiropractor or Get a Massage?

Many people benefit from both! Chiropractors work on your nervous and skeletal systems. Massage therapists work on your muscular and fascial systems. If you have a massage before (or after) your chiropractic treatment, it will help to loosen the muscles, making the adjustment easier. It will also loosen the fascia around the adjustment sites, helping to prolong the effects of your adjustment. By releasing both the muscle and fascia you will create a longer lasting benefit from your chiropractic treatment. Not only do your adjustments hold longer if you get a massage, it works in reverse too. Your chiropractic treatment will make a massage much easier and will extend the overall benefits.



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