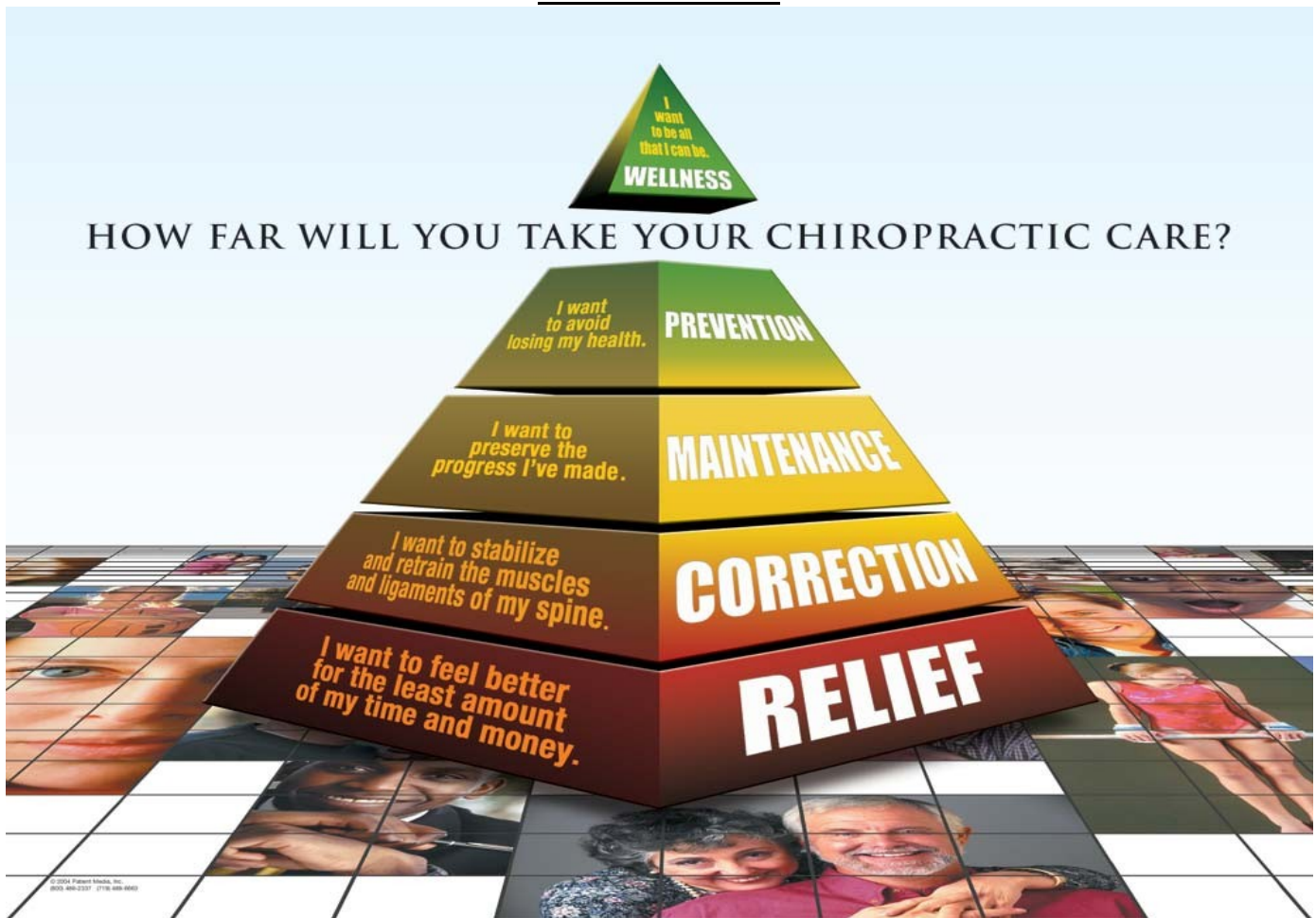


WHAT TO DO



Based on the condition of your spine, your age, your fitness level, weight and the length of time your problem has been there, a program of spinal corrections (known as adjustments) is undertaken to restore your spine and your health to its optimal level.

An adjustment is a very fast, very precise thrust, applied by hand, to a joint (typically the spine) in order to improve the movement of the joint and reduce the muscular spasm, nerve irritation and discomfort. Usually, there is no pain associated with an adjustment, however if you are already in pain, it may be a little uncomfortable for a few minutes. Some people will experience tenderness or soreness later in the day or the morning following their adjustment for the first few treatments. This is normal and indicates a change in the function and use of the tissues, similar to starting a workout programme.

Correction of your issues is a process, not an event. In the same way it takes months to get in shape for a marathon or to regain a level of fitness, your spine also takes time to heal and learn how to function again.

In all, it takes about 18 months to stabilize your spine in an ideal function. Initially, your adjustments are fairly frequent (2-3 times per week). This stage is focused on reducing the severity of your symptoms. As your body becomes stronger and better able to cope with the rigors of daily life you place upon it, that frequency diminishes. This is the corrective stage where longer lasting changes are occurring to the function of your spine and body. Eventually, most people can maintain the changes that have been achieved with an adjustment approximately once every two to four weeks.

How long it takes for you to reach that level will depend your commitment to the recommended adjustment schedule, on what you continue to do to recreate your problem and what you are willing to do to avoid those things.