

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser



The Experts® on Chiropractic Care:



Dr. Rick Powers Dr. Wallace Jans Dr. Crystal Taylor Dr. April Ruzycki Dr. Sheldon Chemiak

Ask The **Experts**® on Chiropractic Care

Dr. Sheldon Chemiak

Frequency of Care

One question that is often asked by patients in our office is, "How often do I need to come in for chiropractic care?" The answer to this question can vary depending on many things such as patient condition, age, desired outcome, what phase of care presently in, etc.. How I want to answer the above question in this article is based on a patient who is already functioning optimally and wants to maintain their current state of vibrant health.

Why would a patient need to see a chiropractor if they are already functioning well? If it ain't broke, don't fix it, right? The fact is, a certain amount of care is required in order to maintain proper function and prevent past health problems from reoccurring. This "maintenance" or "preventative" care is backed up by various research studies and the amount of care needed is quite specific.

The David Taylor research article, "A theoretical basis for maintenance spinal manipulative therapy for the chiropractic profession" (December 2012)

explains: "Evidence clearly demonstrates that the clinical consensus of dosage of maintenance manipulative therapy has been found to be most beneficial at an average of once every 2 to 4 weeks. We also see here that it closely correlates with the studies that show onset of joint degeneration, neural degeneration, and muscular atrophy and weakness at an average of 2 to 4 weeks."

What the researcher is saying is that if the body is not kept in alignment, research has proven that the body will start to degenerate within 2 to 4 weeks. Therefore, re-alignments should be done within the same time frame. This is why patients who follow this advice score much higher than average on various health indicators. They don't give their body a chance to wear out. By the time a person perceives symptoms from an underlying condition, degenerative changes have already occurred. So using symptoms is a very poor indicator for deciding to make a

chiropractic appointment. All research points towards regular adjustments between 2 to 4 weeks, regardless of how one feels, for optimal function and preventative measures.

When was the last time you were checked by a chiropractor? Please don't wait for symptoms because by then damage is already happening. If you want to live a life full of vitality, get on a regular chiropractic schedule. Give us a call at 403-529-9069



The Big White House on 6th St. just off Kingsway
737 - 6th Street SE

Ph: (403) 529-9069

Check our blog
www.powers-jans.blogspot.com

For the latest news and
events at our office

Find us on
Facebook
www.facebook.com/PowersAndJans

www.powers-jans.com