

West Edmonton Family Chiropractic *First Progress Evaluation*

Several weeks ago we began the intensive phase of your chiropractic care. Our purpose during these weeks has been to begin to reduce the poor position of your spine, and start the correction of your subluxation complexes.

We have many patients who get adjusted once per week or once every two weeks, but in order to correct and stabilize your spine, more regular adjustments have been necessary to overcome the soft-tissue memory which develops after years of subluxation.

Subluxations cause damage and interfere with the function of the central nervous system, causing organ dysfunction, immune deficiency, and eventually pain in the joints and muscles of the body.

During the initial intensive phase of chiropractic care (which you have completed over the last 2 to 4 months), we typically adjust your spine two to four times per week, depending on individual factors.

For most patients, full corrective care requires your spine to be adjusted 2 to 3 days per week for 6 months, and then 1 to 2 days per week for another six months.

What we expect at this time

We can expect mild to moderate improvement in all areas of your spine and overall health. This includes increased range of motion, improved posture, reduced muscle spasms, and changes on thermograph and EMG scan.

As your spine and nervous system repair, we expect to see a reduction in symptoms, and an improvement in your overall level of health. The more advanced your subluxations, the longer it will take to see changes on your X-rays, scans and in your symptoms. Keep in mind that most subluxations develop over years, before ever producing a symptom.

Where we go from here

Based on your exam and scan findings, the frequency of your care will either remain the same, or be promoted to 1 or 2 visits per week. This next phase of your care can last for 3 to 6 months. You will have another progress assessment at the end of this next phase. Our ultimate goal is full spinal correction and your attainment of optimum wellness potential. We want to see you reach the highest level of health possible through chiropractic, so you may look at preventative wellness care beyond this corrective phase of your care.

If for any reason you are unable or unwilling to follow your care plan, or any recommendations we have made for home care, exercise, nutrition, or other factors, you will not reach full correction, and not achieve the goals we have set together. We know this from experience! We want everyone on this planet to reach levels of health rarely experienced, feel as well as possible, rely on fewer medications and medical interventions, and reach their life potential. We want YOU to express the true wisdom of Innate Intelligence inside your body which is your birthright.