

**West Edmonton
Family Chiropractic**

Mid-Year Progress Evaluation

Several months ago we began the intensive phase of your chiropractic care in order to begin correcting or reducing the subluxation degeneration (spinal misalignment) and poor position of your spine that was interfering with your central nervous system. This interference had been causing damage to your organs, joints, and muscles, and over time, had created a lower state of health in your body.

What we expect at this time

Just as in your prior re-evaluation, we expect to see continued improvement in all areas. At this time, we expect certain findings to be drastically reduced or eliminated. In 80% of cases, your previous re-X-ray findings would have shown a halting of all degenerative changes as well as a halt of any further misalignment. In a minority of cases, a patient's first re-examination shows the body in an adaptive state, in which compensations are developed as the chronic subluxations are reduced. In either case, several points of change should have already been visible in different areas of your spine.

You may or may not need a new X-ray with today's re-examination, depending on findings from your past re-exam and your response to care until now.

It is important to keep in mind that different levels of correction are possible for different people. Still, in cases where some areas of degeneration may never be fully corrected (due to long-standing subluxation or spinal curvature), our goal is the same as it is in any other case – to reduce the stress on your central nervous system which interferes with normal function of the body. Health is not merely the absence of symptoms, but the state of optimal physical, emotional, and social well-being. Health is when your body is functioning properly, whether you have a symptom or not.

Where we go from here

During the next phase of your care, the frequency of your adjustments will typically be scheduled 1 or 2 visits per week. Severe cases may still be seen 3 times per week. It is important that during this phase of care, we continue to address uncorrected areas of your spine, and make further adjustments to retain the corrections already achieved.

This phase of care is often referred to as "the retainer," much like a dental retainer which is designed to prevent re-aligned teeth from slipping back out of place. Your spine has years of soft tissue memory from its past subluxated state. To ensure full correction and stabilization, it is essential that we overcome your body's soft tissue memory as tissue cells are regenerated, to hold the correction of your spine.

Ultimately, our goal is to see you reach a level of health maintenance through wellness care, where your visit frequency is at a minimum. The more correction you receive, the fewer visits are required to maintain the health of your spine and nervous system.

At your one year point in care, another progress exam will be taken. At that time, we will ascertain your interests in wellness care and subluxation prevention. Ultimately, maintenance is what most people want to further promote optimum health expression and longevity.