



MAINTENANCE CARE



The Importance of Maintenance Adjustments

A lot of people who see a chiropractor every week go even when things are already feeling good. They don't presently have any pains or symptoms, but they still get adjusted every week in order to keep things feeling and functioning their best.

The person who gets adjusted every week, even when they feel good, would be under something called "maintenance" or "wellness" care.

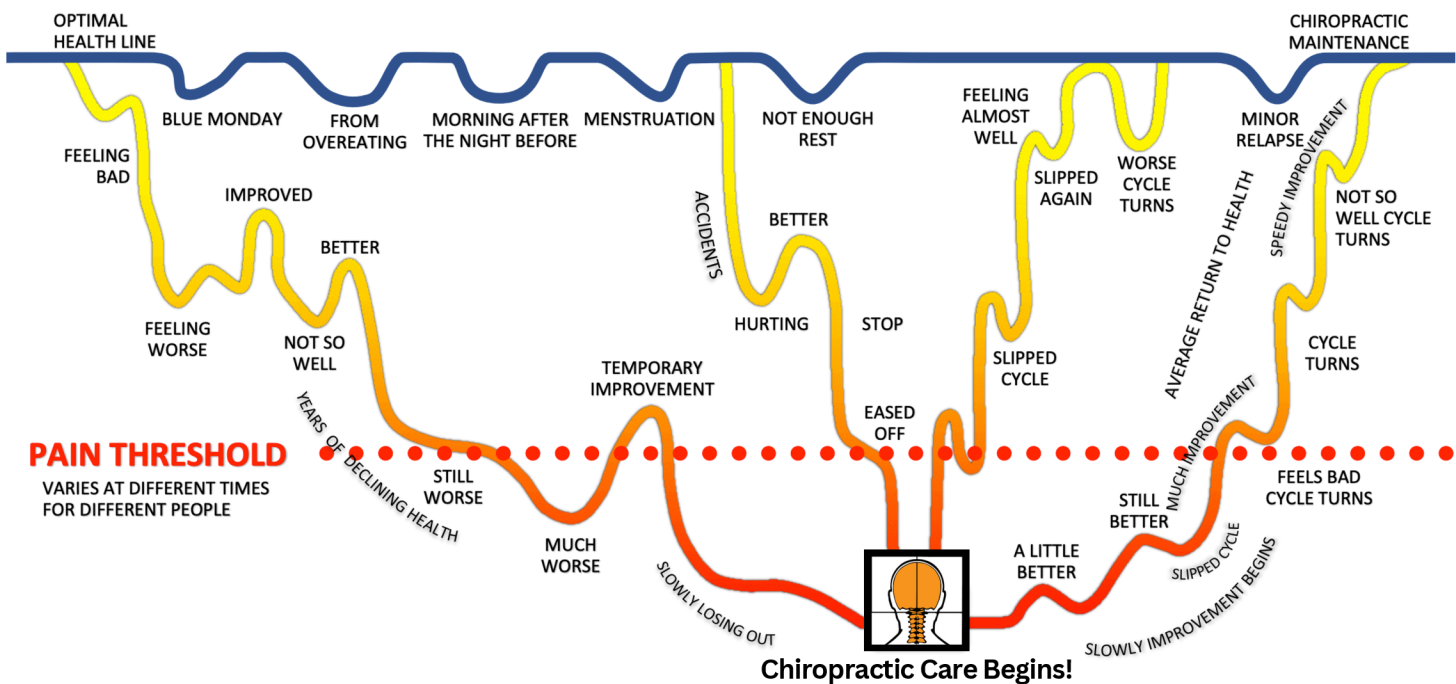


Maintenance care is the most popular reason patients get adjusted in our office and is really the entire basis on which chiropractic was founded: to help maintain the proper functioning of your nervous system by adjusting the spine. When the nervous system is working better, your body will be able to function at its maximum potential.

Even though your spine may be feeling great, nerve interference due to vertebral subluxation can still happen beneath the surface. Just like a heart attack or cancer can be developing for years and years before symptoms show up, the same is true with vertebral subluxation.

Your long-term investment in health & well-being.

Chiropractic maintenance care is an integral part of proactive healthcare. By prioritizing spinal health and addressing subluxations before they escalate, individuals can experience improved overall well-being, enhanced mobility, and a proactive approach to health. Regular chiropractic care, including maintenance adjustments, is a valuable investment in one's long-term health and vitality.



Maintenance adjustments are essential for several reasons. Including, but not limited to:

- 1 Preventative Care**
By addressing subluxations and maintaining spinal alignment, individuals can proactively prevent pain, discomfort, and potential health problems before they arise.
- 2 Early Detection of Issues**
The early detection of minor misalignments or imbalances in the spine and addressing the issues promptly help prevent them from developing into more significant problems
- 3 Optimal Nervous System Function**
Regular chiropractic visits ensure that the nervous system functions optimally by promoting proper communication between the brain and the rest of the body.
- 4 Improved Range of Motion**
Improving joint mobility and flexibility is particularly beneficial for individuals who engage in physical activities or sports, as it prevents stiffness and enhances performance.
- 5 Reduced Health Care Costs**
By addressing issues early and preventing the development of chronic conditions, individuals may avoid the need for more extensive and costly interventions later on.
- 6 Long-Term Health Investment**
We take proactive measures to promote a healthy spine, reduce the risk of injuries, and support the body's ability to function optimally over time.

Maintenance care by getting adjusted every week is one of the smartest things you can do to live a truly healthy life. Not only are you preventing future disease and spine degeneration down the road, you are also maximizing your body's performance. Many patients under regular maintenance care report that they have better sleep, increased energy and less sick days – all thanks to an optimally functioning nerve system!

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