

***CHIROPRACTIC  
AND  
WELLNESS  
CARE***

# ***Chiropractic Care Focuses on Health and Optimal Function***

- 1. Chiropractic offers a holistic approach**
- 2. The patient is the center of care, not a disease or symptoms**
- 3. The goal of care is to achieve a more effective life, to restore & maintain full function & well-being**

# ***The Continuum of Health***





***Health is More Than the Absence of  
Symptoms, Health is Viewed in  
Positive Terms of***

- |                                 |                        |
|---------------------------------|------------------------|
| <b>1. Human potential</b>       | <b>6. Strength</b>     |
| <b>2. Quality of life</b>       | <b>7. Endurance</b>    |
| <b>3. Optimal function</b>      | <b>8. Balance</b>      |
| <b>4. Resistance to disease</b> | <b>9. Coordination</b> |
| <b>5. Vitality</b>              |                        |

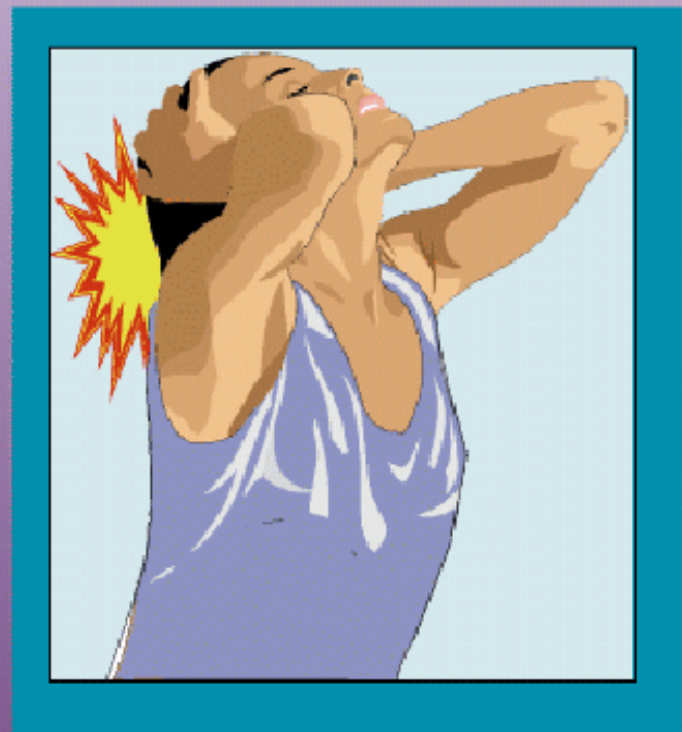
# ***Patients and Chiropractors Work Actively Together to Maintain Health***



- 1. Health care is a dynamic process & a cooperative effort**
- 2. Patient education & self-care are important goals**
- 3. Patients are empowered to take responsibility & control of their own health**

# ***Symptoms Don't Tell the Whole Story***

- 1. Many problems arise gradually & symptoms appear only when problems are advanced**
- 2. Wellness care helps detect & correct problems at an early stage by restoring & maintaining normal function & biomechanics**
- 3. Good functioning muscles & joints are healthier & more resistant to injury, illness or degeneration**





# ***Chiropractic Care Focuses on a Natural Approach***

- 1. Chiropractic uses natural & conservative methods to promote the body's own healing capacity**
- 2. It encourages healthful living: good nutrition, exercise, stress management & posture**

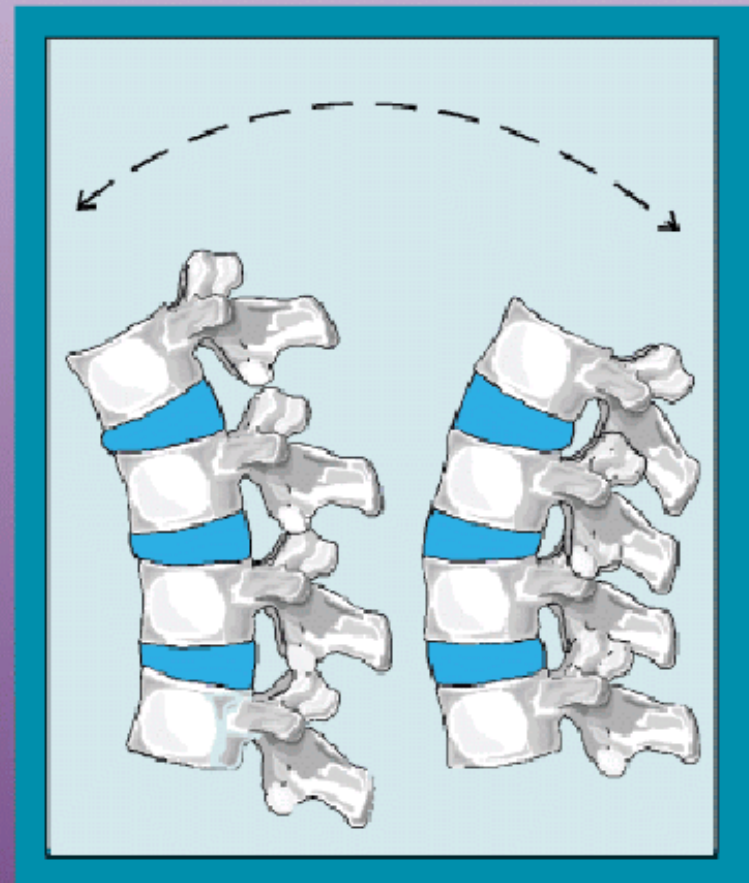
# ***Regular Chiropractic Care Helps***

- 1. Restore & maintain full range of motion**
- 2. Promote full function**
- 3. Improve biomechanics**
- 4. Optimize performance & coordination**
- 5. Maintain joint stability**
- 6. Induce a sense of well-being & relaxation**
- 7. Improve nutrition to discs & other joints**
- 8. Reduce the risk of injury & degeneration**



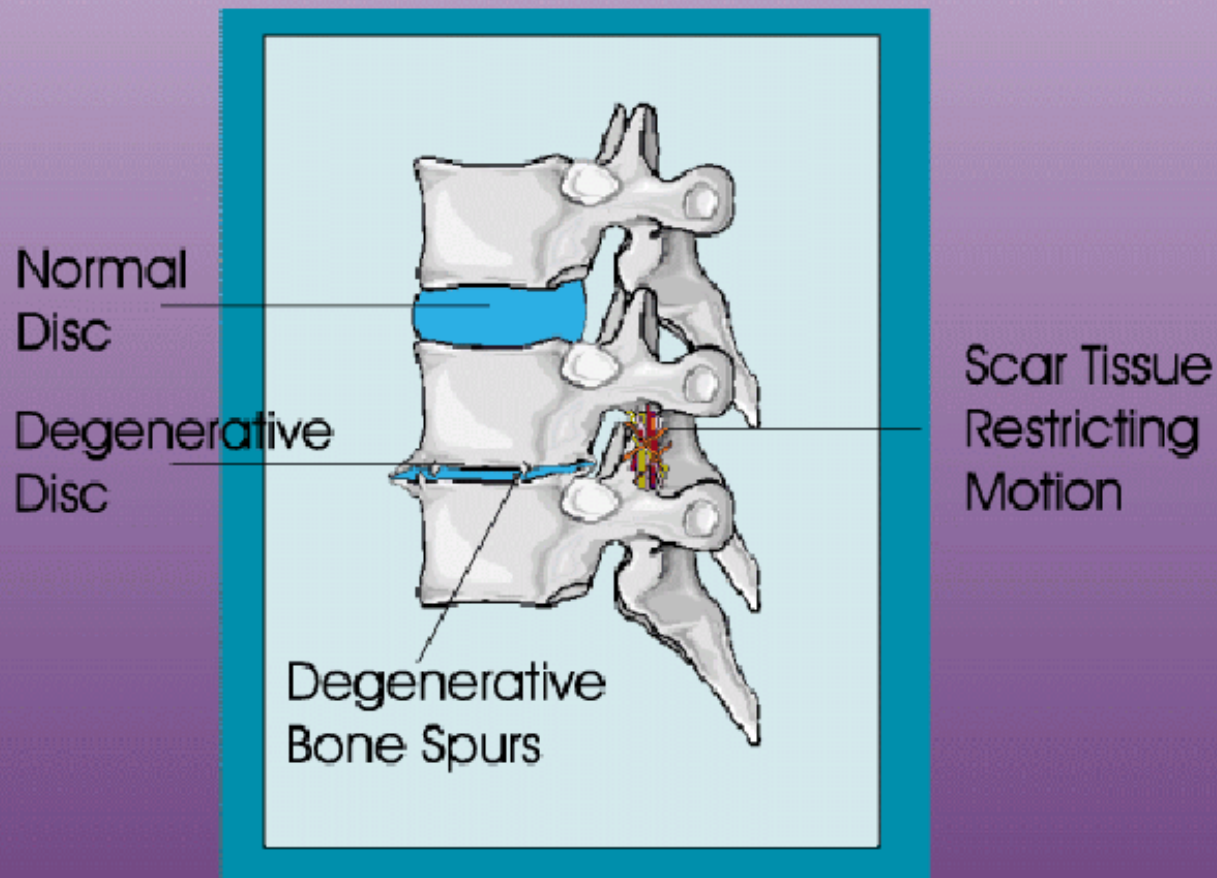
# ***Motion and Nutrition of Discs and Joints***

- 1. Chiropractors check the spine regularly to evaluate the motion of joints**
- 2. Good motion is essential for the health & nutrition of discs & joints because it permits the exchange of nutrients, fluid, & wastes**
- 3. Without movement, discs & joints may degenerate quickly**
- 4. Motion also reduces the formation of fibrosis (scar tissue)**
- 5. Fibrosis occurs in motionless joints & can lead to stiffness & degeneration**



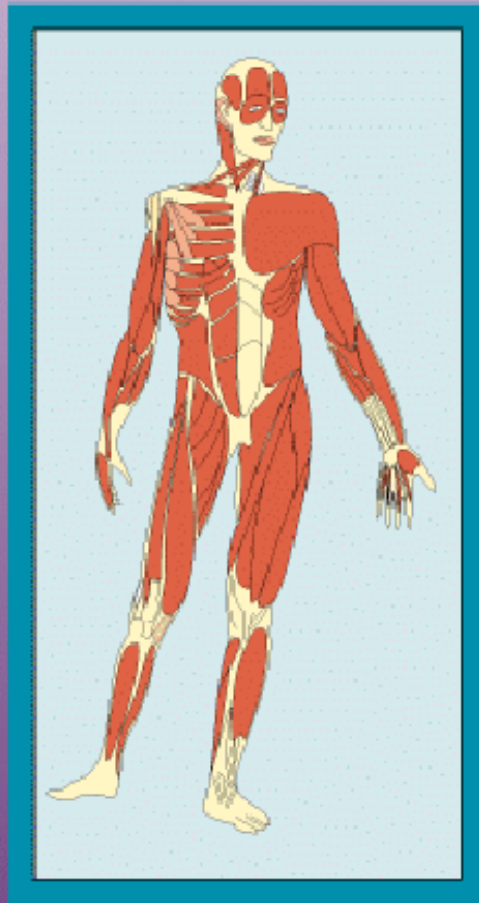
# ***Loss of Motion Can Occur Without Pain or Symptoms***

- 1. A chiropractic exam can detect disturbed motion & mechanics whether there are symptoms or not**
- 2. Through adjustments & exercise, motion and nutrition can be restored & maintained**





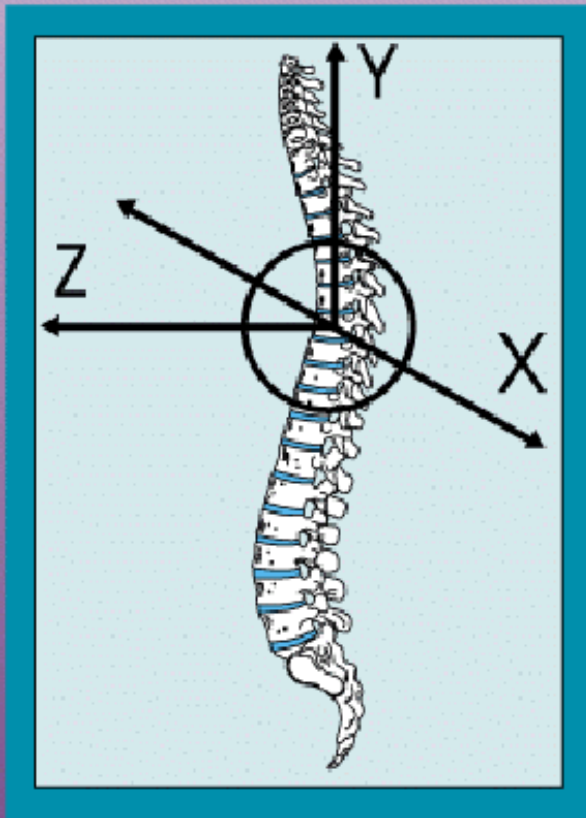
# ***Coordination and Control of Muscle Tone, Balance and Joint Stability***



- 1. Restricted, painful, injured or degenerated joints transmit information to the nervous system which is not harmonious with input from other muscles & joints**
- 2. This disturbs coordination, fine motor control & joint stability**
- 3. Chiropractors identify such joints and use adjustments & exercise to help normalize sensory input, function & motion**
- 4. This improves agility, balance, coordination, stability & fine motor control**



# ***Joints Can Have Disturbed Biomechanics Without Pain or Other Symptoms***



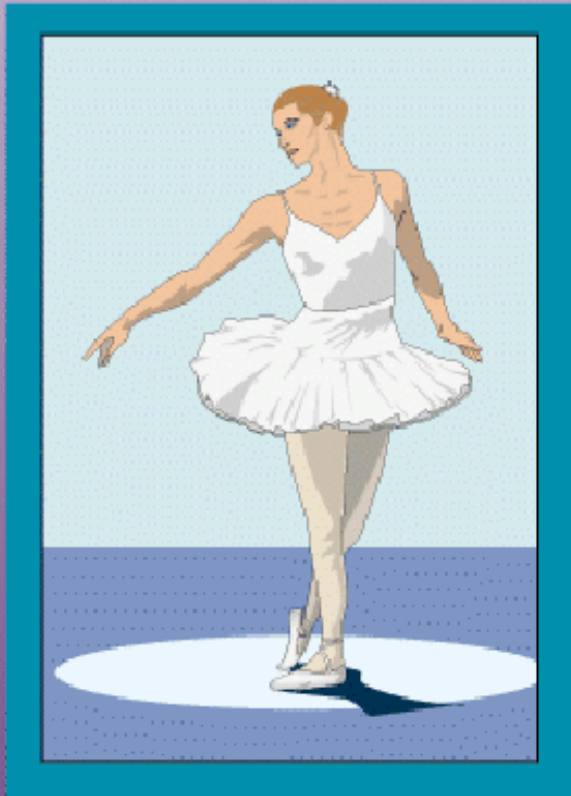
1. Disturbed biomechanics can:
  - a. Reduce optimal performance
  - b. Alter load distribution
  - c. Increase risk of injury
  - d. Accelerate degeneration
2. Chiropractors identify such joints & by adjustments, help restore normal biomechanics and load distribution
3. This helps optimize function & may reduce the risk of future problems or injuries

# ***Well-Being and Relaxation***

- 1. In daily life we are exposed to many stresses that can make us tense**
- 2. This tension can be stored in our bodies**
- 3. Chiropractors check for signs of tension & by adjustments, help relax muscles, restore motion, & reduce stress**
- 4. Relaxation & a sense of well-being are very common results of chiropractic care**



# ***As a Partner with Exercise and Sports***



- 1. Chiropractic care isn't a substitute for exercise but a valuable partner that can help enhance its benefits**
- 2. Joints with good biomechanics, relaxed muscle tone & stability will benefit the most from exercise & be the least likely to be injured**



# ***Chiropractic and Athletic Performance***

- 1. Many athletes seek regular chiropractic care because they find it improves their performance & reduces the risk of injury**
- 2. Some studies suggest chiropractic can improve athletic ability, agility, balance, kinesthetic awareness, power & speed reaction time**

