

Building Blocks

“Hey, Doc – whatever you adjusted last time really worked!”

These are words we often hear from individuals who haven’t experienced immediate, miraculous change with chiropractic care previously; this is often true for individuals who haven’t found relief from long-term pain using traditional methods of pain relief.

Regardless of the underlying cause of our problem, long-standing symptoms often require additional time to effectively address the source of the pain; it may take time for a symptom to improve.

However, when we achieve a breakthrough, it’s easy to think that it was the last adjustment that made all the difference.

What if I told you that the individual adjustment alone wasn’t what caused the breakthrough, but rather, each adjustment acts as a “building block” towards correction.

This is the reason that we develop an individual treatment plan and recommendations for each patient. Additionally, this is why we begin with frequent adjustments at the start of care with a goal of dialing back over time.

It takes time and momentum and getting your body moving in the right direction for healing to occur.

So, make sure you give your body the time and consistency necessary to heal. When you experience your breakthrough (if you haven’t already), know that it was a cumulation and not just one adjustment that made all the difference!



**Every
chiropractic
adjustment acts
as a building
block to better
health and
builds
momentum in
the right
direction!**



© Intellectual property of ChiroEdge



clearfamilieschiropractic.com

(228) 533-2733