

Continuing your Chiropractic Care at Peacehaven Chiropractic

Restorative phase

Most Chiropractors regard the elimination of symptoms as the easiest part of a persons care. If all that our Chiropractor did was reduce the pain and stop there, the chances of the condition recurring are much greater.

In order to prevent a rapid recurrence of symptoms, it is necessary to continue receiving care even though your symptoms are gone.

During the correction/restorative phase of your care at South Lane Chiropractic, you will not have to receive adjustments as often as you did during the first phase of care. Depending on your particular circumstances, you may begin doing exercises and stretches either at the clinic or at home to help accelerate your healing.

Do not be discouraged if you have mild flare-ups in your symptoms on occasion. This is normal. Flare-ups are bound to occur during this phase because your body has not fully healed. Depending on the severity of your injury or condition and how long you have been suffering from it, this phase of your care may last anywhere from a few months to a couple of years.

Peacehaven Chiropractic

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