

This Might Surprise You To Know!



There actually is an ideal time frame in which to have our spine routinely checked and adjusted as needed. And, there is research to suggest that doing so is kind of a big deal.

question of the week

How Often Do The Doctors Here Get Adjusted Themselves?

- A) Every 6 weeks
- B) Every 4 weeks
- C) Every 1-2 weeks

The answer to the question is provided below

WHAT DO WE KNOW?

Joint immobility (spinal subluxation) can lead to permanent damage in as little as 2 weeks.

Journal of Clinical Biomechanics

Dr. T. Videman (University of Alberta, Faculty of Rehabilitation Medicine)

“The evidence in this review shows that immobilizing healthy joints in experimental animals can lead to arthritis. With respect to (human) patients, it can be postulated that immobilization (vertebral subluxation), for whatever cause, will initiate a pathogenic chain of musculoskeletal degenerative changes.”..... “If the joint was stuck (subluxation) for even just one day a week for 14 weeks then the joint showed as much damage as if the joint was stuck (subluxated) for 14 days straight!”..... “if the immobility (subluxation) is not corrected within two weeks the osteoarthritis becomes permanent.”

WHAT DOES THIS MEAN?

- Spinal joints have a tendency to get stuck
- We don't feel it at the time, but decay starts happening (2 weeks)
- This occurs like a cavity in a tooth or a blockage in an artery
- The longer the problem is there, the worse it gets
- Being proactive is the key to avoiding future problems

THIS IS WHY...

Every man, woman, and child should have their spine checked periodically (regardless of symptoms) and adjusted as needed. Our future well-being literally depends on it.

“This is why we get adjusted at least every 1-2 weeks. This is why you should too.”

We believe **EVERY** family member needs wellness-based chiropractic care. This is **WHY** we created a special family discount program (*ask us about it*). One more thing... if you need help finding a good Chiropractor for anyone not living locally, please ask us for help.

PLEASE share this valuable info with others. If you don't, who will?