

**WHY DO I
NEED TO
KEEP
GETTING
TREATED
WHEN I'M
FEELING SO
GOOD?**

Everything you
always wanted to
know about
maintaining your
health through
regular
chiropractic
treatment

*You came to this office
in pain, wanting the
doctor to rid you of it.
You've endured
numerous adjustments
that have worked and
caused the pain to
disappear, if not
totally, then for the
most part. You're
done. Or are you?
The doctor wants you
to come back for
treatment on a
regular basis. Why
more treatment? Why
on a regular basis?
Does this ever end?
Am I not all fixed?
Why do I need to keep
getting treated when
I'm feeling so good?
I'll come back if I hurt
again.*

Many patients face this dilemma at that point in their care when the job of pain relief appears to have been accomplished. But has pain relief ever been the only reason for your treatment? The answer is no.

Much of the pain we feel that causes us to seek chiropractic care has its origin in old and/or new injury. These sprains and strains and the associated damage to the spine and soft tissues cause long-term problems that require long-term maintenance. Quick fixes that address only pain relief do not last long enough and almost always result in more complex problems later on.

You tune your car *regularly* for best performance. You brush your teeth *regularly* to keep decay from building up. People exercise *regularly* to maintain a fit condition. You get adjusted *regularly* to keep your spine moving and working properly, to prevent it from tightening up and causing nerve interference and pain. Some people need to be adjusted twice a year and others twice a month to maintain the level of function that their treatment has achieved for them.

Your doctor knows how often you should be examined and adjusted to strengthen your spine, prevent breakdown, and maintain your present level of spinal integrity. You only have one spine. It can't be replaced. Please don't take it for granted. The plain fact is that *you have to work at keeping it in good shape.* That's the way it is. Those who do this have far fewer spinal problems and reoccurrence of pain than those who don't. Consult with Dr. Perlstein for the maintenance schedule that works for you. You'll be happy you did.