

Q&A

**HOW OFTEN  
DO I HAVE  
TO GET  
ADJUSTED?**

**ADJUSTMENT  
FREQUENCY**

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# ADJUSTMENT FREQUENCY

The following will help you understand why this office will start you at three adjustments per week

1

## **OUR OFFICE IS A SPECIFIC, SCIENTIFIC, SUBLUXATION BASED CHIROPRACTIC OFFICE**

Your care is based on how your body is “holding” adjustments, reflecting how it is dealing with the physical, mental and emotional stresses of the world around you. This personalized care allows for the best possible changes in your body so that it can work at its highest potential (physically, mentally and emotionally). We do not base care solely on how you are feeling, by guessing, by rolling the dice, or by any other crazy method. We reassess your progress every 15 adjustments and determine care specifically and scientifically through various assessment procedures.

Your body is designed to heal and to function well. Following the recommended schedule of care will help this happen.

2

## **WHEN CARE IS DETERMINED BY PAIN LEVEL**

Members will usually feel temporary improvement but the care is often irregular which does not allow changes to the spine to improve how the body moves and how it holds proper structure and function. Without correcting the structure, the same type of pain and the same phase of care will recycle throughout your lifetime. Care frequency cannot be dictated by how one “feels” at any given time.

# ADJUSTMENT FREQUENCY CONTINUED...

3

## OUR FOCUS ON CARE

The goal of specific scientific chiropractic care is to make changes to the structure (posture) of the body that will result in a greater ability to function and improve the overall health of the entire body.

Your brain receives 3 trillion messages every second. You are consciously aware of 50. If we are basing care strictly off your feelings, we are relying on 50 out of 3,000,000,000,000 (3 trillion) messages.

Subluxation-based care is likened to that of an orthodontist trying to straighten crooked teeth. The schedule of care is carefully planned to allow the greatest change in the shortest period of time. However, if you were to keep taking the braces off every other month, it would be impossible to bring about change. The same thing happens during chiropractic care when people decide to try and make up their own schedule of care: proper changes will be more difficult to attain and maintain. (Adjustments put life-giving input into the body, but it will take a lot longer to reverse old patterns and create a new normal without following the care plan.)

**How many of your friends  
and family members  
have bodies that are not  
functioning to full capacity?**

**Chiropractic allows you to be  
your best.**

**Tell someone you love.**



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