

THE FOUR PHASES OF CARE

PHASE 1 ACUTE	PHASE 2 CORRECTION	PHASE 3 STRENGTHENING	PHASE 4 MAINTENANCE
<p>Goals</p> <ul style="list-style-type: none"> • Reduce Pain • Reduce Inflammation • Accelerate Healing • Improve Joint Function <p>Recommendations</p> <ul style="list-style-type: none"> • Chiropractic Adjustments • Massage Therapy • Physical Therapy (Passive) • Increase Water Intake • Avoid Stressful Activities • Nutritional Support • Rest 	<p>Goals</p> <ul style="list-style-type: none"> • Reduce Pain • Increase Flexibility • Improve Joint Function • Correct Misalignments <p>Recommendations</p> <ul style="list-style-type: none"> • Chiropractic Adjustments • Massage Therapy • Physical Therapy (Passive) • Structural Correction • Stretching & Flexibility • Reduce Chemical Irritants • Increase Water Intake • Nutritional Support • Increase Cardio Activity 	<p>Goals</p> <ul style="list-style-type: none"> • Maintain Normal Structure • Maintain Flexibility • Preserve Joint Health • Prevent Spinal Decay <p>Recommendations</p> <ul style="list-style-type: none"> • Chiropractic Adjustments • Massage Therapy • Home Exercise & Stretching • Nutritional Support • Increase Water Intake • Increase Cardio Activity 	<p>Goals</p> <ul style="list-style-type: none"> • Completely Eliminate Pain • Restore ROM to Normal • Improve Structure • Strengthen & Stabilize <p>Recommendations</p> <ul style="list-style-type: none"> • Chiropractic Adjustments • Massage Therapy • Physical Rehab (Active) • Improve Flexibility • Increase Water Intake • Nutritional Support • Increase Cardio Activity

