



# WHAT IS CORRECTIVE CARE? Craig Osborne, Chiropractor © 2010

The purpose of this sheet is to focus on the most important component of chiropractic—correction. It generally means that the symptoms for which you came to the clinic have gone or at least are easily manageable. It's now that understanding the philosophy and science of chiropractic care becomes especially relevant.

We are traditionally brought up to expect that when we fall ill or get injured, then the medical system will provide the means to 'get us well'. This typically means being given drugs (which simply mask the symptoms so we think the problem has gone away), or having something cut out so that it is no longer there to cause problems.



Unfortunately this treatment plan often is not inclusive of a goal to prevent the problem from recurring, and may not include advice on how to boost your immune system. This medical paradigm is perfect for emergency care, but is outdated when it comes to a wellness approach to health care.

**Thomas Edison** said "the doctor of the future will give no medicine but will interest his (her) patients in the care of the human frame, in diet and in the cause and prevention of disease". Even the philosopher Hippocrates encouraged the avoidance of medicines and surgery at all cost. Where exactly is modern medicine really taking us?

## FIX OR CORRECTION?

If you are focused on your symptoms, then the reality is that most conditions will start to respond to chiropractic within the first month or so. And common arguments would say that if nothing much has occurred in the time then it is possible that chiropractic may not be for you. (this argument applies to any type of

treatment being received)

So while we want to ensure that you are feeling better, from the chiropractor's perspective, the focus is on addressing those long standing subluxation patterns in your spine.

These are typically explained in conjunction with your x-rays at the start of your care. These patterns may have taken years to acquire, so it's logical that they require time to change and for your posture to improve. Science tells us that when the curves of the spine are altered, then there is mechanical stress on the spinal cord, and we also know that when this occurs the nerve cannot function normally.

This is a vital piece of knowledge because if your nerves cannot transmit information around your body and control and respond to external stimuli, then the only possible outcome is that your health will be affected.

So the focus of corrective care is postural improvement - like the things our mothers often told us - stand up straight, shoulders back, tummy in! It involves a combination of regular chiropractic, postural strengthening exercises, and constant attention to daily posture.



It's often during this phase of care that patients tend to lose focus on what is happening. Once again the problem is the medical focus on symptoms. While pain is a useful indicator of something wrong it is typically both the last symptom to appear, but also the first to go. Correction and retraining of the spine is a process that is known to take months, not weeks to address.

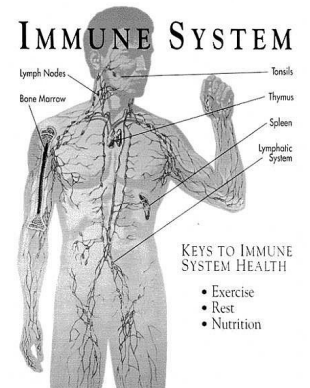
Too often I have doctors recommend against chiropractic care (which is incredibly frustrating), yet they have essentially no training in what

chiropractors do. When it comes to spinal care, chiropractors are THE specialists.

So what happens if you re-injure yourself during this time? This is not uncommon since you don't live in a bubble. Don't wait for your next appointment, call and schedule for a check asap. It might be necessary to have a short intensive burst of adjustments before a quick return to your original schedule. This will ensure that your progress is maintained.

The science of chiropractic is now telling us that poor joint function anywhere in the body can lead to an imbalance within your nervous system, and this will always destabilise

the efficiency of your immune system. Having regular chiropractic adjustments actually evens out



your nervous system, and consequently your immune system. Some research suggests that with regular chiropractic care, the 'strength' of your immune system may be 200% stronger (or more) than without care. Overall health improvements is typical of many patients - as the subluxations hold, your posture improves, the nerves are no longer being irritated unnecessarily, the exercises and stretches strengthen your spine, and interference is removed from your nervous system - the flow of nerve signals around the body allow organs and tissue to function like never before. In chiropractic we call this **optimal health**, and it is this journey on which you have now embarked.

