

Individuals recover from symptoms at different rates with chiropractic care

Question: How quickly will I notice improvement in my symptoms while receiving chiropractic care?

Answer: All people recover from injuries or chronic conditions differently. Symptoms may diminish, become intermittent, or change in pattern, type or character. It is common to experience pain and other uncomfortable sensations during recovery. Since chiropractic care uses non-drug and non-surgical approaches, less effort is made to mask the symptoms and more attention is placed on understanding what the symptoms are trying to tell you about your condition. Symptoms are usually the last sign of a condition telling our bodies something is wrong. Unlike the media blitz of medications, which informs us, to wait until you get symptoms before you take their medication, for example: “How do you spell relief?” Chiropractic care is more concerned about maintaining health prior to the exposure of symptoms.

Our instant gratification nation gets very impatient with the body’s natural progression of healing – which can take time. It is normal to become impatient with recovery because of the common desires to have the condition go away faster than the body is able to heal.

The medical model markets that once the pain is gone, so is the problem. The pain or symptoms are the last thing to show up and the first thing to leave. Your chiropractor can give you reassurance that you are continuing to recover during these conditioned times.

It is possible to delay recovery or aggravate your condition through daily habits or activities. Poor postures, repetitious movements, and stress may interfere with your recovery. Your Doctor of Chiropractic can help you discover these problems only if he or she knows your concerns. Careful attention to your symptoms and open communication with your chiropractor will help assure the best and fastest recovery.

Quote of the week: *“Anger helps straighten out a problem as much as a fan helps straighten out a pile of papers.”* – Susan Marcotte