

# Can a person “plateau” with Upper Cervical Chiropractic?



Wellness First Chiropractic

## How you feel may not reflect the status of your health.

In Most cases, it took quite a bit of time for your condition to progress to the condition it is in now. This mean that it will take some time to retrace back to health. Whether your problem is from a recent injury or a long history of troubles, there is damage to local spinal tissues such as ligaments, tendons, muscles, cartilage, and nerves. There is also damage to target organs that the nerves go to.

The Blair Upper Cervical Chiropractic care you receive at Wellness First Chiropractic will trigger your body to go through cycles of repair. Cycles of repair will occur about every three months. The cycles consist of “repair phases” and “resting phases”. Major repair takes place for over 18 months and minor repair work continues through 36 months.

The repair phase is the phase in which you can feel a majority of the changes occur. This is the phase in which you can feel



better for two days and extra stiff and sore the next. Kind of like three steps forward, one step back. This is the phase in which you can feel a lot happening.

The resting phase is the phase in which some patients may feel like they have reached a plateau in their care. The reason for this is because during the resting phase your body basically just rest and you may not notice much change in how you feel. Soft tissue changes still occur at this time, but it is

much less noticeable. Remember though, during the resting phase your body is preparing for another repair phase.

So when, and not if, you have a period in which you feel like you may not be making headway, remember it is likely that you may be in the “resting phase” of the cycles of repair. But remember, how you feel may not reflect the status of your health and as long as the brain stem stays uncompressed your body will continue to function at its optimum.

## Structure is still changing

With Upper Cervical Chiropractic care your body will continue to change at its own pace. This is a good thing. If we crack and pop bones up and down the spine it could ultimately slow down the bodies own ability to structurally change and heal properly. At

Wellness First Chiropractic we strive to get people better with the least amount of adjusting possible. We don't want you to become dependent upon us. Our goal is to see you eventually for maintenance care which would be one visit every 3-6 months. With Upper Cervical

Chiropractic care this is possible. It is important to keep in mind that even though at some point you may not feel like anything is occurring, the structure is still changing. How you feel may not be an accurate reflection of your health.

### Points of Interest

- *The problem you have may have been there for quite some time.*
- *Your body will go through cycles of repair. This means some days you may feel great and others not so great.*
- *The structure will change for years to come.*
- *Chiropractic does not always help a symptom, but it will ALWAYS be beneficial.*
- *How you feel is not an accurate reflection of your health. Often the first symptom of a heart attack is death.*