

# Chiropractic Wellness Care.....,

Before one can get to wellness or maintenance care, we must first understand how to get to this level. Let's start by examining the relationship between VSC( vertebral subluxation complex) and the three types of care available to patients: initial intensive care, health care and wellness care.

## **Phase I**

Initial intensive care or symptom care is designed to reduce the discomfort or pain associated with a particular disease or condition. Responses to this include adjusting for relief and often medicinal and other non-drug therapies. This is the area of chiropractic, especially neck and back pain care that medical practitioners are now trying to incorporate into their practices

## **Phase II**

The next phase is health care, which is often referred to by patients as preventative care. Health care goes beyond getting rid of symptoms or disease. It is about having enough health so that these problems don't return, and to maintain optimal physical, mental and spiritual well-being. For chiropractors, this translates into the nonsymptomatic correction of the vertebral subluxation complex or the rehabilitation phase.

## **Phase III**

The final and most important part of this paradigm is wellness care. I am of the opinion that life is far more than just getting rid of or preventing disease. Life is a process of growth and development that changes from one day to the next. Physically, emotionally, spiritually, intellectually and in our relationships, we are different than we were at age two (and even yesterday, for that matter). The process of life, the human experience, is one of maximal growth and development in each of these areas. We need to be prepared to design and develop our lives fully. This is wellness care.