



Chiropractic Spinal Restoration Program

Dr. Larry Basch, D.C., CCSP, CCEP, CLT

This intensive **Chiropractic Spinal Restoration Program** has been thoroughly researched and developed to facilitate quick pain relief, proper healing of injured soft tissues and provide optimum results. Our goal is to restore normal spinal curves and joint mechanics, and reduce the chances of long term pain, scarring and degeneration of the injured joints. Many times your pain will disappear quickly, but joint motion has not been fully restored; therefore, this treatment is not based on only the presence or absence of your symptoms. Broken bones can heal in 8 to 12 weeks, however, injured discs, muscles, tendons, ligaments and other connective tissues can take 3 to 12 months to properly heal. Any soft tissue injury causes microscopic tearing which requires proper healing and nutrition to avoid future pain, discomfort and joint degeneration. Think of this like a diet, dieting for only a few days will not achieve long-term, lasting results, but over time you can achieve your goals. Just as you want to avoid tooth decay with regular brushing and periodic dental check-ups, avoiding spinal decay also takes regular care and periodic check ups throughout the year.

*** It is better to stay healthy, rather than try to regain health once pain appears.**

*** If you can't afford health... how will you afford disease?**

On the average, approximately 30 chiropractic adjustments over a 2 – 3 month period are necessary for spinal restoration and soft tissue healing. Individual response will vary depending on many factors, including, but not limited to; current spinal health, age, sex, previous injuries, work environment, general health, and daily stress and posture.

This program represents a general guideline to care. Once spinal restoration is achieved, monthly maintenance care is needed to sustain the progress and prevent future damage & decay. Your compliance is vitally important for success.

- ◆ This is a guideline for treatment based on current research and many years of successful chiropractic treatments.

PHASE # 1**PAIN CONTROL - INTENSIVE CARE**

Goals: Reduce pain and inflammation Increase Ligament Flexibility and normalize joint motion and alignment of vertebra

Treatment Schedule: *Daily treatment until pain subsides, usually 1 week or less, then 3 treatments per week for 2 – 4 weeks*

Home Care: Ice applied to the injured area 15 minutes per hour

Nutrition: *White Willow Forte:* 2-3 capsules every 2-4 hours as needed for safe, natural Pain and Inflammation
Formula 303: 2 tablets every 2-4 hours as needed for safe, natural muscle spasm relaxation & better sleep

Considerations: Our first priority is to reduce your pain, secondly, we want to improve the motion between each of the 24 moveable vertebra. As motion increases, vertebral positioning can begin to normalize, pain will decrease.

PHASE # 2**SPINAL RE-ALIGNMENT -- NEUROMUSCULAR RE-EDUCATION**

Goals: Restore optimal spinal curves and re-education of the neurologic receptor within the joints and muscles.

Treatment Schedule: *2 treatments per week for 3 – 6 weeks* **Home Care:** Begin home stretching exercise program to facilitate our work, use ice and Pain X as needed for pain control

Nutrition: *ArthroGenx:* 2 capsules with each meal for 4 -8 weeks for cellular repair of damaged discs & ligaments.

Considerations: After achieving ligament flexibility, restoring normal spinal curves and proper alignment are possible. This alleviates abnormal biomechanical stress, which cause degenerative changes throughout the spine. Neurologically, reducing the subluxation aborts an adverse reflex that can have a detrimental effect on the bodies' ability to heal properly.

PHASE # 3**REMODELING AND SPINAL MAINTENANCE CARE**

Goals: Remodeling soft tissue fibers (muscles, ligaments and connective tissues) restoration of normal nerve reflex pathways, decreased likelihood of re-injury, and future discomfort from this injury. Monthly maintenance treatment to maintain the progress achieved, preventing re-injury and disc degeneration, slowing down the spinal aging process and improving over health and nerve function.

Treatment Schedule: *1 treatment every 3 – 5 weeks*

Nutrition: *ArthroGenx:* 2 capsules AM and/or PM for maintenance of cartilage and joint lubrication.
UltraGenesis: Comprehensive Multi Vitamin and Mineral Complex for proper healing & general health

Considerations: Remodeling is the third component of the healing of the damaged tissues, and can take up to 12 months to complete. Chiropractic adjustments put motion into the tissue fibers causing these fibers to slowly arrange themselves more like the original undamaged tissue. This process will minimize the residual weakness, stiffness and increase sensitivity of damaged tissues, and will decrease the likelihood of re-injury. Most of our patients choose to continue with regular treatment to maintain this repair and prevent future problems.

- ◆ During this treatment program, you will be given a series of home stretching and strengthening exercises to facilitate this spinal curve restoration. To ensure your success; It is very important that you follow all recommendations, do the prescribed exercises and keep *all* scheduled appointments. Missed appointments, lack of nutrition and/or exercises will delay progress and allow further spinal decay, disc degeneration and muscle strain.

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