

Chiropractic Active Life Plan Explanation

Chiropractic Active Life Plans are designed to help you and your family reach your health goals now and over the course of your lifetime. The fastest growing segment of the world's population is centenarians—100-year-olds. This group is expected to grow by 746 percent between now and 2040.

The chances of YOU reaching this milestone are increasing every day. What will your health be like when you get there? Will you enjoy the journey? The health choices you make today will impact your quality of life now and in the future.

At your Chiropractic Report, we will discuss with you a **Chiropractic Active Life Plan**, designed to help you feel better quickly and enjoy an active healthy lifestyle as you age.

❑ **Crisis Care Plan (CCP):**

Crisis Care Plans are designed for you if you are currently experiencing pain, sickness, disease, deterioration, premature aging or health problems of any kind. The goal of your Crisis Care Plan is to get you feeling better quickly and stabilize your spine.

CCPs begin with frequent visits, usually three times per week, over a short period of time—usually 2 weeks to 3 months. Dynamic exams (evaluations) are performed every 12 visits to determine how your body is healing and how your spine is stabilizing.

❑ **Corrective Adjustment Plan (CAP):**

Once your spine is stabilized, your visit frequency will be reduced and extended over a longer period of time, regardless of how you feel, so that your spine and nervous system can regenerate and rehabilitate. This Critical Transition phase of care can be bundled together with your Crisis Care in a budgeted Corrective Adjustment Plan to help you get the care you need to reach your health goals and enjoy a healthier lifestyle as you age.

❑ **Lifestyle Care Plan (LCP):**

If you have already completed a Corrective Adjustment Plan with our office or another chiropractor, or if you are extraordinarily healthy and have no degeneration in your spine, then you are ready for a LCP to help you achieve peak performance and optimum health.

The intensity of your LCP will vary based on the intensity of your lifestyle. The more active you are, the more stress you are under, and the healthier you want to be, the more you will value and appreciate your LCP.

While visiting our office, you may see generations of families enjoying the benefits of the chiropractic lifestyle. You too may decide that you want your entire family benefiting from chiropractic care. All Chiropractic Active Life Plans are available for individuals and families. Our family plans make care for your entire family affordable so that everyone can enjoy the healthy, active lifestyle, and peak performance benefits that chiropractic care provides.