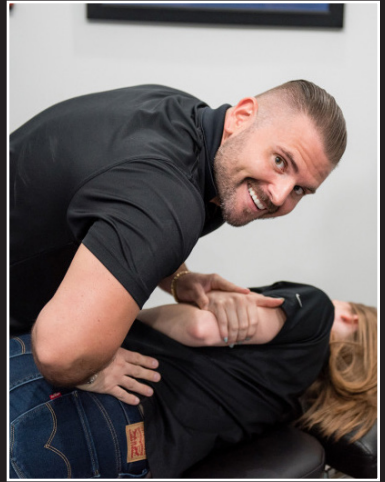




PATIENT HANDBOOK

How to Get the Best
Results and Feel Great for
a Lifetime with Care at
Eagle Trace Spine & Sport



OUR MISSION

Our Mission at Eagle Trace Spine and Sport Chiropractic is to help as many people as we can through natural, hands-on, chiropractic health care.

We believe everyone can benefit from chiropractic care and are driven to create a healthier, drug free world.

ABOUT EAGLE TRACE CHIROPRACTIC

- Opened December of 2019 and is one of the fastest-growing clinics in the Minneapolis area.
- You'll love our friendly, professional, and highly trained team.
- Join our community of healthy happy patients!

MEET THE DOCTOR

Dr. Jeffrey Plaster *Chiropractor*

From Milwaukee, WI - attended Iowa State University. Earned his doctorate at Northwestern Health Sciences University. Continued his Post Doctorate Training in Trauma, MRI Interpretation and Primary Spine Care Provider. He holds a Diploma as a Certified Chiropractic Extremity Practitioner

Always continuing education to better serve the patients.



12002 CR-11 BURNSVILLE, MN 55337 • PHONE: 952.808.2922 • FAX: 952.808.2910



OFFICE HOURS

MONDAY - 9am - 12:30pm | 2pm - 6pm
TUESDAY - 2pm - 6pm
WEDNESDAY - 9am - 12:30pm | 2pm - 6pm
THURSDAY - 2pm - 6pm
FRIDAY - 9am - 2pm
SATURDAY - By Appointment
** Massage Hours May Differ*

Call 952.808.2922 to book now!

YOUR FIRST VISIT AT EAGLE TRACE CHIROPRACTIC

- Be greeted by name by our amazing staff at the front desk, who will give you quick and easy paperwork to fill out
- Have your insurance checked for any and all benefits (optional)
- Have a Consultation to go over your file with Dr. Plaster. He will provide you with:
 - A thorough Examination
 - X-rays (if necessary)
 - A little bit of work on you for the first visit to get a feel for your case.
- Dr. Plaster will let you know if we can help you and if not, we will send you in the right direction!
- Lastly, back up front to our friendly front desk staff to get you scheduled per Doc's recommendations.
- We pride ourselves on efficiency, you can expect your first appointment to last around 45 minutes.

On your second visit, Dr. Plaster will go over your personalized game plan. We will also go over how your insurance works. So for now, relax and let's focus on you!

SECOND VISIT

- Go over your personalized game plan with Dr. Plaster on how we will go about getting you better!.
 - Number of visits, length of visits, insurance (if applicable), frequency, etc.
 - Be detailed about how you are feeling; your insurance and Dr. Plaster rely on this information for your case.
 - If Non-surgical Spinal Decompression is required for your case in addition to Chiropractic:
 - The Doctor will recommend it at this time.
 - *The first Decompression Department of its kind in Minnesota!* Adjustment; focusing on the specific areas of concern found during your examination.
- Then to the Intersegmental Traction Table (Roller table) to stretch and exercise the spine.
 - With the heating pad and electrical muscle stimulation that everyone loves!
- Back up front to set up appointments, one step closer to feeling your best!

You will **LOVE** the efficiency of our office!

TYPICAL OFFICE VISIT

- Check in at front desk.
 - Be detailed about how you are feeling; your insurance and Dr. Plaster relies on this information for your case.
- Exercises
- Decompression (*if applicable*)
- Roller table (*Heating pad, E-stimulation*)
- Adjustment
- On your way to enjoy your day subluxation & pain free!

REFERRAL TO OTHER DOCTORS AS NEEDED

If our office determines that your case requires supplemental co-management care outside our office:

- We will ensure that you are routed to a top local office of your choice.
- If you have no preference, then we will locate one for you depending on the condition, (Neurologist, Orthopedic, etc.).
- If you need a direct referral for **surgery**, we will send you straight to the orthopedic which normally allows you to bypass the emergency room wait.

HOW CHIROPRACTIC WORKS

- The Science, Art and Philosophy of locating and correcting vertebral subluxations so the Innate power of the body can express itself at full potential.
- The brain runs the body with power that flows down the spinal cord. Vertebra can irritate or pinch these nerves and cause, wherever the nerves go, a problem. Our job is to find and fix this.

- Called the: Above-Down-Inside-Out concept. **ADIO** for short.

The Effects of Subluxation (Nerve Interference)

THE NERVOUS SYSTEM CONTROLS AND COORDINATES ALL ORGANS AND STRUCTURES OF THE HUMAN BODY

	CAUSE	EFFECT		
	Primary & Secondary Functions	Tissues, Organs & Glands	Possible Symptoms	
ATLAS AXIS	C1-C2 Upper Cervical	- Autonomic Nervous System - ENT System - Vision, Balance & Coordination - Speech - Immune System - Digestive System	- Vagus Nerve (aka Brake Pedal) - Brainstem - Inner Ear - Parathyroid Gland - Face, Jaw & Teeth - Eyes	- Colic & Excessive Crying - Headaches & Migraines - Anxiety & Stress - ADD / ADHD - Sensory & Spectrum - Epilepsy & Seizures - Speech Issues - Difficulty Sleeping - Chronic Fatigue - Depression
	C3-C7 Lower Cervical	- Nerve Supply to Shoulders, Arms & Hands - Sympathetic Reflexes - ENT System - Metabolism	- Inner Ear, Throat & Throat - Vocal Cords - Neck & Shoulder Muscles - Nerves to Arms, Wrists & Hands - Thyroid Gland	- Ear & Sinus Infections - Allergies & Congestion - Sore Throat & Sore - Swollen Tonsils & Adenoids - Croup & Cough - Headaches & Migraines - Stiff Neck & Shoulders - Pain, Numbness & Tingling in Arms & Hands - Speech Issues - Poor Metabolism & Weight Control
THORACIC	T1-T12 Upper Thoracic	- Respiratory System - Cardiac Function	- Upper Back & Shoulders - Trachea & Upper GI - Lungs, Bronchi & Upper Respiratory - Cardiac / Heart - Chest / Sternum	- Stiff Neck & Shoulders - Reflux / GERD - Chronic Colds & Cough - Bronchitis & Pneumonia - Asthma - Functional Heart Conditions
	T1-T12 Mid Thoracic	- Major Digestive Center - Detox & Immunity	- Gallbladder - Liver - Stomach - Pancreas - Spleen - Middle Back & Shoulders	- Gallbladder Pains / Issues - Jaundice - Fever - Indigestion / Heartburn - Stomach Pains - Ulcers - Blood Sugar Problems - Immune Deficiency
LUMBO-SACRAL	L1-L5 Lower Thoracic	- Stress Response - Filtration & Mineralization - ENT & Digestion - Hormonal Control	- Adrenal Glands - Kidneys - Ureters - Small Intestine - Reproductive Organs	- Excess Stress & Cortisol - Poor Metabolism - Chronic Fatigue - Hypertension & Anxiety - Behavior Issues - Cramps & Menstrual Problems - Kidney Problems / Stones - Allergies & Eczema - Skin Conditions / Rash - Bedwetting - Sex Pain & Bleeding - Infertility
	L1-L5 Lumbosacral Spine	- Lower G.I. (Digestion & Metabolism) - Genitourinary System - Major Hormonal Control	- Large Intestine - Bladder - Ovaries & Uterus - Prostate Gland - Lymph Circulation - Lower Back & Pelvis - Nerves to Legs, Feet & Feet - Parasympathetic Plexus (aka Brake Pedal)	- Constipation & Gas - Crohn's, Colitis & IBS - Diarrhea - Bladder Problems & Retention - Difficulty, Painful & Excessive Urination - Cramps & Menstrual Problems - Cysts & Endometriosis - Infertility - Hemorrhoids - Sciatic & Radiating Pain - Lumbar / SI Joint Pain - IT Band & Hamstring Tightness - Disc Degeneration - Leg Weakness & Cramps - Poor Circulation & Cold Feet - Knee, Ankle & Foot Pain - Viral Aches & Joints - Immune Deficiency - Glycogen & Calcium Imbalance

When tension and stress build up in an area of the spine, it creates interference and "overloads" the nerve or nerves nearby, creating what is known as a subluxation. This subluxation acts similar to a blown fuse in your house. When a fuse blows in your home, certain areas or appliances may not function until that power is restored. Similarly, by finding and correcting any subluxations in your spine, specific chiropractic adjustments help restore power and function to those parts of your body.

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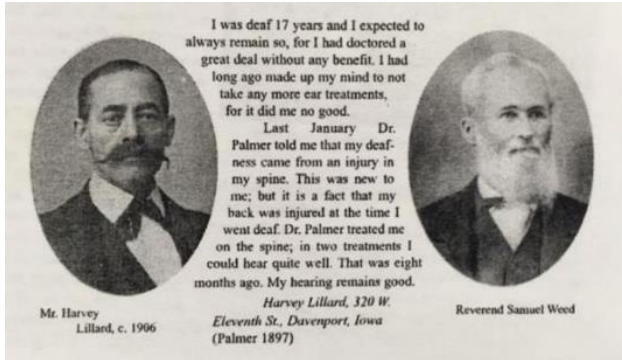
Vertebral Subluxation & Nerve Chart:

our patients love to be able to see directly how the nerves of each vertebrae control every cell, tissue, organ and gland in the body.



HISTORY OF CHIROPRACTIC

- Earliest recorded history shows people bone-setting.
- 1895 D.D. Palmer in Davenport, Iowa, "discovers" chiropractic by "adjusting" the neck of a man named Harvey Lillard.
- Lillard was rendered unable to hear after hurting his neck by being in a stooped position.
- Palmer's work restored his hearing. Thought he found a cure for deafness.
- Continued work and anatomical study revealing chiropractic much more powerful and comprehensive in its ability to get sick people well, regardless of the named condition.



- D.D. Palmer's son, B.J. Palmer, continues developing chiropractic, writes many books and develops the Palmer School of Chiropractic
- "Chiropractic" means the practical use of the hands.

TYPES OF DOCTORS

We need good Doctors of all kinds!

Doctor of Chiropractic - **DC**

Medical Doctor - **MD**

Doctor of Osteopathy - **DO**

Doctor of Dental Surgery - **DDS**

Neurologist - **MD**

Orthopedic Doctor - **MD**

Radiologist - **MD** or a **DC**

Doctor of Optometry - **OD**

Doctor of Podiatry - **DPM**

Doctor of Philosophy - **PhD**

Doctor of Physical Therapy - **DPT**

Pediatrician - **MD**

All have received advanced education. All have passed rigorous State and National Board Exams, and must be licensed in their State to practice.

- The title of "Doctor" is not just given away. It carries significant responsibility.
- Your doctor has extensive knowledge, far beyond what most people understand when it comes to health and healing!

WHY CHIROPRACTIC CARE IS SO GREAT!

- 1.** We achieve results where others have failed.
- 2.** We are able to correct conditions without surgery.
- 3.** We are able to get people off drugs they may have had to take for many years
- 4.** We can get people back to work when they may not have been able to otherwise.
- 5.** We literally add quality years to people's lives.
- 6.** Chiropractic saves academic careers.
- 7.** Chiropractic saves athletic careers
- 8.** Chiropractic helps people earn more. Feel better = do better!
- 9.** We treat many hospital cases for an office visit fee.
- 10.** A person can have a life-changing experience at the chiropractor and all the chiropractor used were their two hands. Incredible!
- 11.** We have simple fees that are incredibly low compared to the benefit and safety of the care!
- 12.** Chiropractic can be used to maintain and prevent future problems.
- 13.** Chiropractic can help 99-year-old great grandmothers!

HOW PAYMENT WORKS

We offer affordable options to pay for your care so no matter your situation you can afford to be seen and be well taken care of! For your convenience, all financial arrangements are made before care begins. We never want to surprise you with a bill.

Cash: No need to worry about not having insurance, we have amazing cash plans that can be more affordable than most insurance benefits!
We strive to make an accommodating environment for all patients for their care.

Insurance: Although there are a select few insurance companies that have decent chiropractic coverage, the majority of companies have high deductibles, copays, and co-insurances. Many times, this makes the insurance rate more expensive than our non-insurance rates. Since we are in-network with many insurance companies, feel free to bring your card into the office and we will verify your benefits.

We know insurance coverage can be confusing, but we have a well-trained team that can answer any questions you might have!

We will handle all insurance in house, easing the burden of you having to file it on your own!

Medicare: Our office is a participating provider with Medicare.

Once your deductible is met, your Medicare will cover 80% of the cost for your chiropractic adjustments to help achieve symptomatic stability (Symptom relief).

Our goal is to get you as well as possible and keep you there.

Once we have you feeling your best, we will graduate you to one of our awesome maintenance plans that will keep you feeling that way.

Personal Injury (Auto Collision): Most Auto related injuries are covered 100% in Minnesota for patients not at fault.

- You can get the care you need and it normally costs nothing. Great for you!
- All we need is your claim number and car insurance information.
- If an attorney is needed, we have many on file that we highly recommend to help you with your case!

WHY IS THE WORLD FULL OF PEOPLE NEEDING CARE?

If the Opioid Epidemic has taught us anything:

- It is that conservative measures should be taken before drugs and surgery are even considered.

- 577 million people have low back pain right now.
- 80% of Americans will have back pain in their lives.
- 25% of Americans report having low back pain in the last 90 days.
- 20-50% of people have neck pain every year.
- 50 to 75% of adults age 18 to 65 have had headaches in the last year.
- 30% reported migraines.

COMMON CONDITIONS

- Headaches
- Migraines
- Neck Pain
- Upper back pain
- Mid back pain
- Low back pain
- Hip pain
- Shoulder pain
- Weakness
- Tingling
- Numbness
- Herniated/Bulging Discs
- Arm/Hand pain
- Chronic pain
- Radiating pain
- Leg/Foot pain
- Knee pain
- Whiplash
- Rib pain
- Nerve pain
- Burning
- Stiffness

PATIENTS ALSO REPORT RELIEF FROM THESE CONDITIONS AS WELL

- Chronic Sickness
- Poor sleep
- Fatigue
- Fertility Issues
- Groin Pain
- Erectile Dysfunction
- Ear aches
- Troubles latching
- Colicky
- Digestive issues
- Constipation
- Heartburn
- ADHD
- Bed wetting
- Jaw pain
- IBS
- Vertigo
- Breathing troubles
- Blood pressure
- Ear Ringing

When you remove the Subluxation and allow **full nerve flow/nerve power** to every **Cell, Tissue, Organ, Gland** in the body, the body begins to **heal!**

CHIROPRACTIC

A 7-YEAR STUDY SHOWED THAT PATIENTS WHOSE PRIMARY CARE PHYSICIANS WERE DOCTORS OF CHIROPRACTIC HAD DECREASES IN

- 60% LESS IN-HOSPITAL ADMISSIONS
- 59% LESS IN-HOSPITAL DAYS
- 62% LESS OUTPATIENT SURGERIES AND PROCEDURES
- 85% LESS PHARMACEUTICAL COSTS

PEOPLE ARE SAYING THIS ABOUT US

★★★★★ *My experience at Eagle Trace has been nothing short of fantastic! Top notch doctors and staff who know what they're doing and go far beyond the typical experience of chiropractic clinics who, at the end of the day, just crack your back and send you on your way. I would highly recommend!!!*

- Corey Kellett

★★★★★ *Absolutely the best chiropractor ever from the way your body feels after adjustment to the amazing staff Dr. Jeff, Brandon, Fatima, Cassie everyone! They all care so much about everyone single client and their families. I truly look forward every week to see them even if it's a quick hi and bye they are All so kind appreciate them all so very much!*

- Gabrielle Jackson

★★★★★ *Thanks to the team here at Eagle Trace Spine & Sport especially to Dr Jeff, I am not only feeling better physically but also more informed about my body and health. If you're considering chiropractic care, I highly recommend visiting this clinic. It's truly a transformative journey that can lead you to a healthier, pain-free life!*

- Abdihamid Abdulkadir

WHAT IS HEALTH

Dorland's Medical Dictionary defines Health as:

- ▷ A condition of *optimum physical, social, mental and spiritual well-being*
 - Not merely the absence of disease or infirmities (pain)

HOW AND WHY TO REFER IN YOUR FRIENDS AND FAMILY

Eagle Trace Chiropractic has been built on community referrals.

There are people out there hurting in a thousand different ways that we can help. You have friends, family, coworkers, teammates, all of whom would be better off if they were in here!

Please be a part of our **mission** to help as many people as possible with our chiropractic services.

Feel free to have them call, text, or e-mail us to schedule their first appointment.

- If they are referred to our office from a current patient, aka YOU. Then there is no charge for this first visit.
- We will waive the initial fee for them so that they can come in, get checked at no charge, by providing them with a limited supply gift certificate.

- It's our commitment to the community!

All because they know YOU! We are happy to help!



★★★★★ *Dr. Jeff does a great job of relieving my pain - headaches, lower back and hip pain. I've been in a couple of car accidents - rear-ended and a rollover. The chiropractic care I receive here helps a lot!*

- Cheryl Hamel

★★★★★ *I've had so many attempts to deal with my chronic pain- from neurologists to PT, massage, acupuncture, steroid epidural- I've tried many things. None worked as well as the amaaaazing medical massage from Moriah and the alignment and consult with the chiropractor. Both amazing. Highly recommend!! Enjoying so much relief!! And he found a fracture the many many other images supported pros (xray and MRI) had missed. Well done. And thank you to your whole amazing team.*

- Teresa Bintner

★★★★★ *Highly recommended this chiropractor! My daughter-in-law, friends and I attended here and there's never a day I am not satisfied with their services. They helped us a lot with sciatica and other pain. Now I'm free of pain in my foot and back*

- Jose Zoila Carrion

★★★★★ *This place has everything. Massage (book separately), traction tables for neck and back, and roller tables with stem that are complementary to your apt following your adjustment. Never had so many options at a chiro before. What you didn't know you needed. Ha! Highly recommend!*

- MM

WHY X-RAY AN ASYMPTOMATIC (PAIN FREE) INDIVIDUAL?

- Here is an x-ray of a 17-year-old female with no pain.
- She & Mom were unaware that her spine was twisted:
 - Making her shorter
 - Increasing her likelihood to develop *Degenerative Joint Disease* over her lifetime without proper treatment

ABNORMAL



IN THIS CASE:

No amount of pills, stretches, or exercises will keep this from getting worse.

Chiropractic will allow her to live a relatively normal life without the detrimental effects this would typically produce.

What happens if we do nothing?

NORMAL



Thankfully with digital x-ray onsite we can see how her spine is developing & to help prevent her from worsening over her lifetime.

Preventing many issues and saving her from spending thousands extra in the future on surgery, medications, and hospital bills.

DOES AN ADJUSTMENT HURT OR FEEL GOOD?

- Typically, if you weren't in pain prior to the adjustment, you won't be after.
- Some Chiropractic & Decompression patients do experience some mild soreness or minor aches after a visit.
- There is little to no pain involved in an adjustment.
- You may feel pops and cracks, but you should not feel any intense pain.

IS CHIROPRACTIC REALLY LIKE DENTISTRY?

- A Dentist recommends yearly checkups to ensure proper maintenance.
- A Mechanic recommends semi-yearly tune-ups to ensure a properly running vehicle.
- Both of these have the ability to have parts replaced.
- Teeth can be replaced.
- An engine can be replaced.
- Your **Spine cannot be replaced**.
- It can only be **fused** which will reduce range of motion, limiting your ability to work or live, or *desensitized* with drugs.
 - Essentially taking a sticky note and putting it over the warning light of your car dashboard.
 - Then driving that car for miles and miles and the problem escalates to where a total engine replacement is required. (surgery)

I'VE HEARD THAT IF I START GOING TO THE CHIROPRACTOR, I HAVE TO KEEP GOING FOREVER. IS THAT TRUE?

- As with all good things, regular maintenance is required for optimal function, recovery, and sustainability.
- When you go to the gym, you don't stop going once you are fit.
- You keep going to maintain your fitness.
- This same principle applies with your spinal health.
- Our vehicles get regular maintenance in order to perform at their best, your body is the same way.
- *Except your body cannot be replaced every 100K miles.*

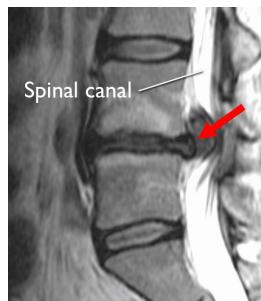


WHY DOES IT SEEM LIKE CHIROPRACTORS PRACTICE SO DIFFERENTLY?

- There are multiple paths to accomplish goals in life.
 - The premise is overall the same in that removing the interference (subluxation) is the goal.
- There are multiple different types of lawyers, accountants, medical doctors.
 - All with different approaches and techniques.
- Finding the right fit for you and your family is vital, as they can be a resource for your entire family's lives forever!

IS CHIROPRACTIC GOOD FOR SENIORS?

- Chiropractic is fantastic for Seniors.
 - Achy-ness, Reflux, Pain, Numbness, Tingling, Anxiety, Degenerative Disc Disease, Bulging discs.
 - All symptoms that have been brought into our office.
- Chiropractic can be tailored to the individual.
 - Lighter technique is used if personal preference.
- Medicare benefits are one of the best insurances around.
- Even the government (Medicare insurance) knows that Seniors need care.



SHOULD I GET MY CHILD/INFANT CHECKED BY A CHIROPRACTOR?

- Many parents are choosing to be proactive with their children's health.
 - Understanding the importance of nurturing a growing nervous system!
- Chiropractic care is both proactive and preventative when it comes to wellness for kids.
- Pediatric adjustments are safe and gentle, using no more pressure than what you would to check the ripeness of a tomato

- Our office focuses on making sure your child has a properly functioning nervous system, creating health right from the beginning of life!
- Symptoms that have been brought in to our office in the past week:
 - Colicky, Troubles latching, Constipation, Birth trauma, Bed wetting, Ear infections

If you want your kids to develop the same issues as you, then leave them at home.

- Dr. Plaster specializes in Pediatrics, getting your kids checked to ensure they are not developing abnormally can save you time and money in the future!

SHOULD ATHLETES GO TO THE CHIROPRACTOR?

- Yes!
- As we complete, we are putting stress on our bodies that over time need to be addressed so that we can perform at our highest levels.
 - Small Unaddressed Microtraumas Over Time Create MACROTRAUMAS
- All 32 NFL teams have a Chiropractor, that's not a coincidence.



Chiropractic Helps Babe Ruth and Other Yankees Keep in Perfect Physical Condition

Every baseball fan will of course immediately recognize "Babe" Ruth in the picture reproduced above. But the gentleman at the extreme left in the picture, known to the general public as Dr. Plaster, is quite an unknown quantity in the baseball world.

We present, Eric V. Plaster, D.C., president of the New York Yankees, and the man largely responsible for the excellent physical condition of this fine team. By applying the principles of modern Chiropractic, Dr. Plaster has secured the services of "The Babe" was definitely "out of the running." The results he has accomplished with other members of the team have been almost equally remarkable.

Although he never closes one over the fence, or such in a conventional double play, Dr. Plaster is generally recognized as one of the most valuable men on the Yankees' staff.

Dr. Plaster is one of a growing group of enlightened Chiropractors who place much stress upon preventive counsel. As a general practitioner, he has devoted much time to teaching patients how to relax and rest, what to eat, how to walk correctly, the proper posture to maintain, and other essentials of health conservation. He considers the Chiropractor's duty to enhance not only the correct adjustment of the spine, but also to educate the patient in maintaining a high standard of health. And this creed is heartily endorsed by Chiropractors of high standing throughout the country.

YOUR GREATEST WEALTH IS YOUR HEALTH

- A million dollars in the bank doesn't matter if you cannot function to enjoy it!

WILL I BE SORE?

You may be a little sore after your first few visits as we begin to retrain your body after years of havoc.

Nothing you can't handle, as we continue on, you will become less and less sore!

DOES GETTING CARE HELP PREVENT FUTURE INJURIES?

Long Term Wellness Patients Tell Our Staff Every Day That They Experience Less Injuries the Longer They Are Under Chiropractic Care.

CAN I JUST WALK IN?

Yes! Our office does allow walk ins! (New or Current Patients)

THERE HAS BEEN A CAR ACCIDENT, WHAT DO I DO NEXT?

- Call us! 952-808-2922
- Whether it's from hitting a deer, getting rear-ended or side swiped on interstate.
- It is vital that care be sought after as soon as possible.
- Ensure that detrimental **whiplash effects** are not set in that will lead to future degenerative joint disease.
- We can get them evaluated in the office right away.
- From there, we can get any further testing required through direct referral if needed.
 - MRI, CT, Casting, NCV, Surgery, Etc.



- "I'm Fine"- Studies show an impact while traveling as slow as 8.2 mph can produce whiplash symptoms, those symptoms may not show for months or years.
- Which may be long after your Insurance claim is closed and you will have to pay for those costs yourself!

ICE OR HEAT:

Tip: A great recommendation after your first appointment, if you need to ice afterwards you may, Dr. Plaster suggests 20 minutes of Ice, followed by 20 minutes of no ice. You may use that sequence as often as you like. For those wanting heat, ensure that ice is the first and last application and as much heat as you would like in between.

BEDS AND PILLOWS

It is important to find what is comfortable to you, as Chiropractors we are more concerned with your body positioning while you sleep.

- For side sleepers:
 - Head and shoulders perpendicular, pillow not too large, not too small. Pillow placed between the knees.

- *For back sleepers:*
 - A small pillow placed in the middle of the neck to accentuate the correct Lordosis curvature of the neck; The back of your head should practically be touching the bed.
- *For stomach sleepers:*
 - Avoid, if possible, a couple sleepless nights of training your mind and body to handle a different sleeping position can benefit your health for the rest of your life.

HOW LONG DOES IT TAKE TO GET BETTER?

- This time period for adults is right around 90 days.
- Why 90 days?
 - *It is simply the time it takes for ligaments, tendons, muscles, bones and nerves to heal.*
- If you sprain an ankle, it takes about 90 days to get better.
- The spine works the same way.

WHAT CAN I DO TO GET BETTER FASTER?

One of the most frequently asked questions in the office:

- The body heals at the pace it heals.
- That being said:
 - The faster we get these initial visits in, the faster your body will begin to start healing.
- Therefore, there is no magic exercise or stretch to do.
- It's a matter of removing the pressure that has accrued over many years of compounded destruction that we do to our bodies on a daily basis.
- Be seen as often as your schedule allows.

WHAT IS DECOMPRESSION AND CAN IT HELP ME?

- Non-surgical Spinal Decompression creates a negative pressure in the disc space.
 - A vacuum effect takes place and the herniated disc that is protruded into the spinal canal is given an opportunity to retract back into its assumed anatomical position.
- Decompression is great for heavy lifters, prolonged sitters, runners, and just about anyone with a spine.
 - Due to the compressive forces of gravity, decompression can be a great option for a wide variety of patients.
- Everybody can benefit from Decompression, as we all have gravity acting down on us all day long!

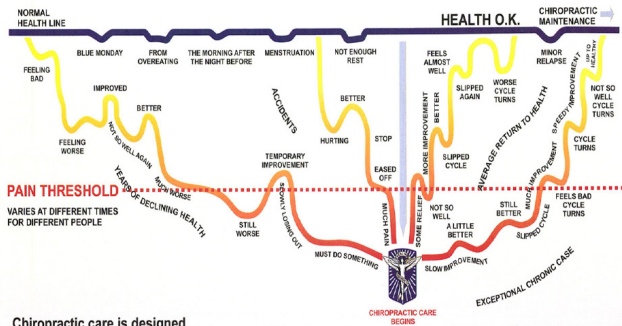


Gentle & Specific care without the side effects that surgery can have!

Our Health Journey is not a linear process, it requires time and repetition. Think how much better off you will be a year from now with great consistent long-term care!

Health Returns in Cycles -- The Road back to Health

Rehabilitating the spine is similar to straightening teeth . . . both take time and repeated care.



Chiropractic care is designed to restore healthy bodily functions . . . thus allowing the body to heal itself.

This chart is not meant and should not be construed to mean that everyone follows these specific patterns. Differences will occur from individual to individual.

Understanding The Road Back to Health

In the majority of cases, patients receiving chiropractic care will feel better within days, hours or even minutes. But when you have traveled the "rough road" from health to sickness it is only fair to warn you that the road back to health may not be entirely free of obstacles and disappointments, as depicted graphically above. This "Road Back to Health" process often takes time—days, weeks, or even months, depending upon the extent of damage done. In the meantime, some pain or discomfort, though usually mild and temporary, may be experienced. This is known as "Recovery Symptoms" (new symptoms) and "Relapsing" (old symptoms) and is part of the work of healing, recovery and restoration of lost health. You should not become discouraged or alarmed, or doubt your eventual recovery. Your chiropractor's acceptance of your case is your best assurance of his/her belief that your condition will respond to chiropractic care.

To: Houston: Call 800-800-8084

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EAGLE TRACE

SPINE & SPORT

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EagleTraceSpineAndSport.com

