

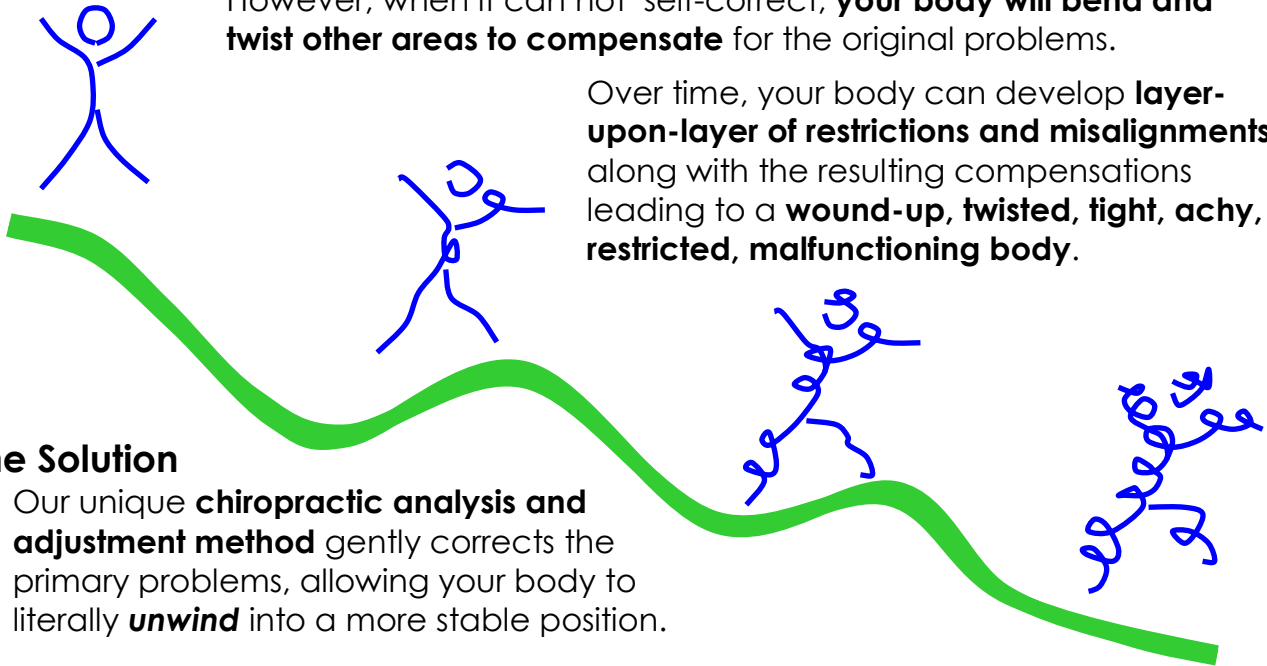
Spinal Unwinding

The Problem

Stress from either **trauma or lack of movement** causes your spinal joints to become **restricted and misaligned**.

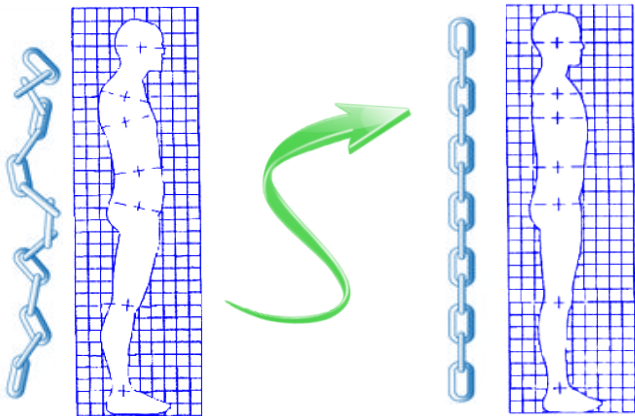
Most of the time your body can self-correct the problems. However, when it can not self-correct, **your body will bend and twist other areas to compensate** for the original problems.

Over time, your body can develop **layer-upon-layer of restrictions and misalignments** along with the resulting compensations leading to a **wound-up, twisted, tight, achy, restricted, malfunctioning body**.



The Solution

Our unique **chiropractic analysis and adjustment method** gently corrects the primary problems, allowing your body to literally **unwind** into a more stable position.



Like unwinding a twisted chain, your body will **gradually improve its alignment, flexibility, and strength**.

Unwinding is a **process that takes time**. Most people will experience significant improvement and stability within **8 to 12 weeks at a frequency of 2 sessions per week**.

Frequency and duration of care is **always customized** for each individual patient.

What to Expect

As your body improves, you will typically **feel better & function better**. However, occasionally your body will unwind an old problem that may cause you to **temporarily feel worse**. Please do not think you are suddenly going backwards! We actually expect this to happen to some extent and it can be a **normal part of the healing process**.

