

There are five ways our patients use chiropractic care. Most people start with **relief care**. Those who discontinue without entering the **corrective care** stage often discover their problem returns. **Maintenance care** involves periodic visits designed to preserve your progress. **Preventative care** is similar, but the intent is early detection, so small problems are caught early on. **Wellness care** is for those who want to be their best; they come in when they're feeling great because they want to stay that way. You don't have to decide now, but please think about how you want to use chiropractic to reach your health goals.