

Sunshine News

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The 3 Phases of Healing

Acute Inflammatory Phase

Corrective Phase

There are 3 phases of healing that our bodies must undergo during any type of injury. Chiropractic, combined with physical therapy, modalities, good nutrition and exercises is the most effective approach to all soft tissue injuries.

The Inflammatory Phase is when the nerve is so irritated that even the slightest pressure will cause pain. A wrong move, a cough, a sneeze, etc. can set off an intense wave of pain.

Healing takes time. All who get well must go through this phase. For some, it takes days and for others, it takes weeks.

During the Corrective Care Phase, the nerve is not as sensitive to pressure. The pain is gone or practically gone. Over exertion and excessive fatigue can bring on pain and may put you back into the Inflammatory Phase.

During the Maintenance Phase, your spine generally stays in alignment and all that is needed at this point is to maintain your correction through exercise and once a month adjustments.

The 5 Laws of Health

Law 1 A Properly Aligned Spine

Law 2 Proper Forms of Exercise

Law 3 Proper Nutrition

Law 4 Proper Rest & Relaxation

Law 5 Positive Mental Attitude

One of the most important factors in recovering and maintaining your health through chiropractic is that of regularity in your adjustments. Involved muscles, ligaments, tendons, and cartilages must be strengthened and realigned to hold the vertebrae in position; thus time and regularity must be given priority.

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The five laws can be thought of as stepping stones to health. Our goal is 100% health. In order to attain this and most important to keep it, you must follow each step as described:

Law 1— A PROPERLY ALIGNED SPINE: This is the first step on your road to health. Without it, your body will never function properly! This is the primary responsibility of your Doctor or Chiropractic.

Law 2— PROPER FORMS OF EXERCISE: In order to exercise your body completely, four forms of exercises are necessary.

TONING EXERCISE: Example: General Calisthenics. The proper tension or tone of the muscles of your body is necessary for Good health and to hold your adjustments.

AEROBIC EXERCISE: Example: Walking, jumping rope, swimming, bicycling. These exercises are designed to strengthen your heart and lungs and to prevent heart disease.

STRETCHING EXERCISE: Example: Yoga. These exercises are designed to stretch muscles, joints, ligaments, and tendons. Without flexibility and mobility, your spine and your body will degenerate and become stiff (old).

SPECIFIC SPINAL EXERCISES: These exercises are given to you to correct the weak muscles in your spine so your spine will hold an adjustment longer and better.

Law 3 - PROPER NUTRITION: Much of our sickness comes from our poor American Diet: Too much white sugar and white flour, candy, artificially flavored, colored, and sweetened food and drinks, junk food and fast food. Coffee and alcohol also make up part of the unwanted and dangerous food. More whole grain, less refined foods, raw vegetables, purified water, vitamins and minerals are needed, in addition to a well-balanced diet.

Law 4 - PROPER REST & RELAXATION: Without rest one cannot expect to be healthy because healing, growth and repair occur at this time.

Law 5 - POSITIVE MENTAL ATTITUDE: In order to have a positive mental attitude you must have your mental and spiritual life in order.

MENTALLY: It is important for each of us to have a goal to work toward, without this, we will become frustrated. Just one goal, not many. Do you have a goal?

SPIRITUALLY: Without Jesus Christ as Lord of your life you will feel the loneliness and separation from God. You must be born again to know life and peace. Even more, you must be filled with the spirit to have power and strength in your Christian life. Both are essential for health.