






## Understanding the Phases of Chiropractic Care

### *What a Patient Needs to Know*

There are three phases of Chiropractic Care which include Care of Acute Conditions, Care of Chronic/Recurrent Conditions and Care for Wellness. As our patient, you will be placed into one of these three categories. At different times during the course of your care at Lehigh Valley Chiropractic, you may enter different phases. As always, if you have any questions regarding your care, please do not hesitate to speak with a staff member.

-  1. **Care of Acute Conditions:** While in this phase, you are dealing with pain, dysfunction and/or disability. Our goal is to decrease your discomfort and enable you to enjoy your favorite activities. At first, you may need more care, more often; but over time, your visits to our office will become less frequent. If you have an insurance policy that includes chiropractic, your insurance should cover this phase of care.
  
-  2. **Care of Chronic/Recurrent Conditions:** You are in this phase for one of two reasons. One—you have an illness or injury that is not expected to completely resolve, but with the help of chiropractic care, you will continue to improve. Two—your body is stabilized and balanced with chiropractic care, but when you don't have chiropractic, your condition deteriorates. If you have an insurance policy that includes chiropractic care, your insurance may cover this phase; however, it is important to note that many insurers do not cover maintenance care and consider the treatment for chronic/recurrent conditions as “not medically necessary.” If we are in-network with your plan, we don't make the rules, but we do have to play by them. Here are the goals of this phase of care:
  - *Supporting your highest achievable level of function*
  - *Minimizing or controlling your pain*
  - *Stabilizing any injured or weakened areas*
  - *Enabling you to engage in your activities of daily living*
  - *Reducing your reliance on medication*
  - *Minimizing the frequency or duration of an exacerbation (worsening of your symptoms)*
  - *Minimizing further disability*
  - *Enabling you to work and stay active*
  
-  3. **Care for Wellness:** Our number one priority is your vitality and wellness. We want to optimize your levels of function and enable you to live your best life. Our strategies for wellness care include a combination of Adjustments, Active Release Technique™, Myofascial Release, Exercise, Nutrition and Lifestyle Coaching. With a chiropractic approach, we want to see you achieve your highest potential. It is rare that insurance companies share our passion for your well-being. Generally, this phase of care is not a covered service.