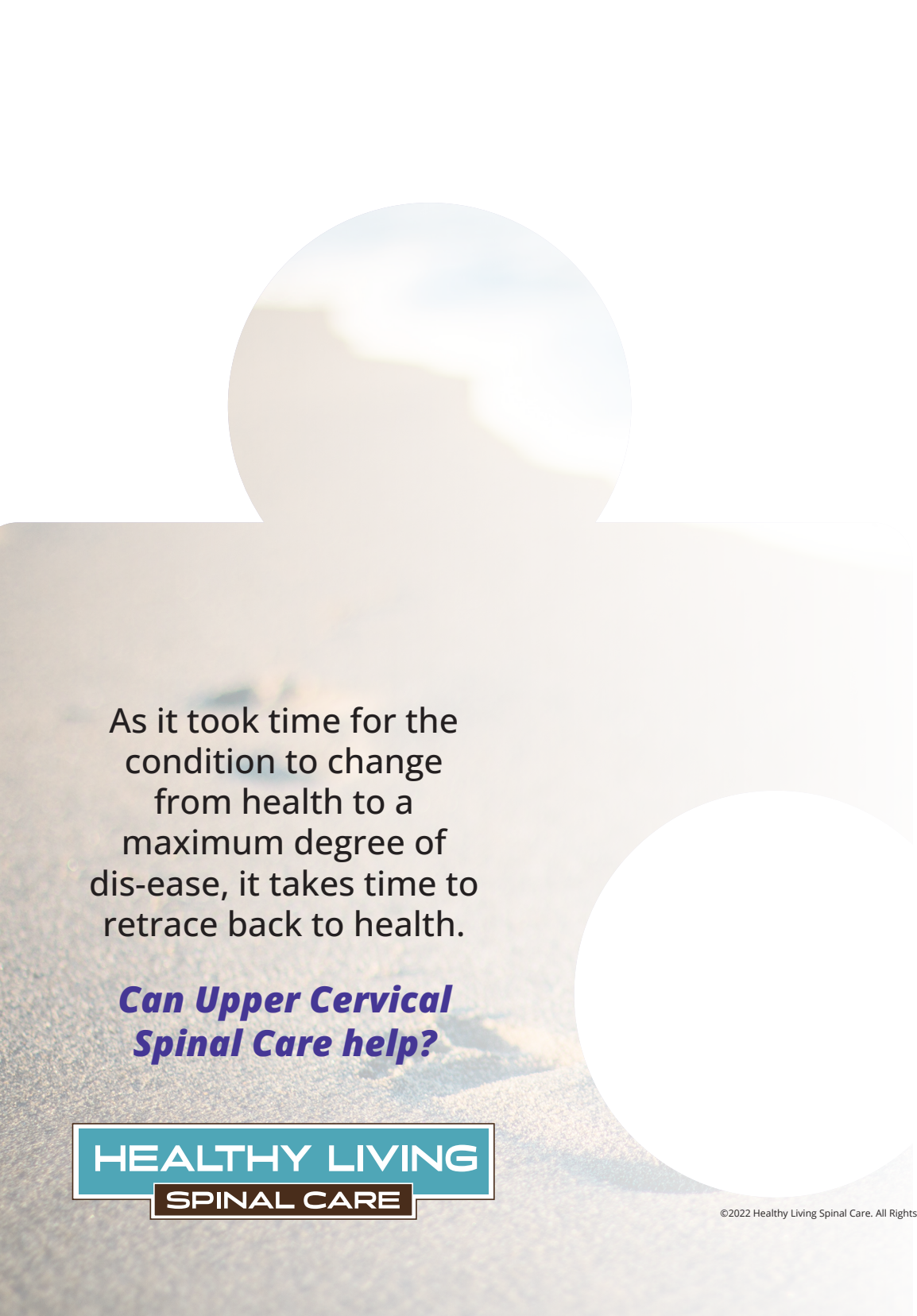


RETRACING CYCLES OF REPAIR



As it took time for the condition to change from health to a maximum degree of dis-ease, it takes time to retrace back to health.

***Can Upper Cervical
Spinal Care help?***

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RETRACING: CYCLES OF REPAIR

What is retracing? Retracing means going over ground which has already been covered until the individual reaches the point from which he/she started. When a patient is under upper cervical care, sometimes symptoms that have not manifested for months or even years will reoccur. Patients' first impression is that they are getting worse when they are really experiencing a retracing of the several stages through which the disease progressed in the making.

The question of time is essential in retracing. If a disease has been in process for years, patients should not always expect to regain the normal state within days. It took time for the condition to change from health to dis-ease, and it will take time to retrace from the dis-ease back to health.

RESPONSE VARIES

The time it takes for recovery does not always equate to the time it took for the disease to develop. However, as a general rule, acute diseases respond rapidly, while long-standing chronic cases are slower to respond.

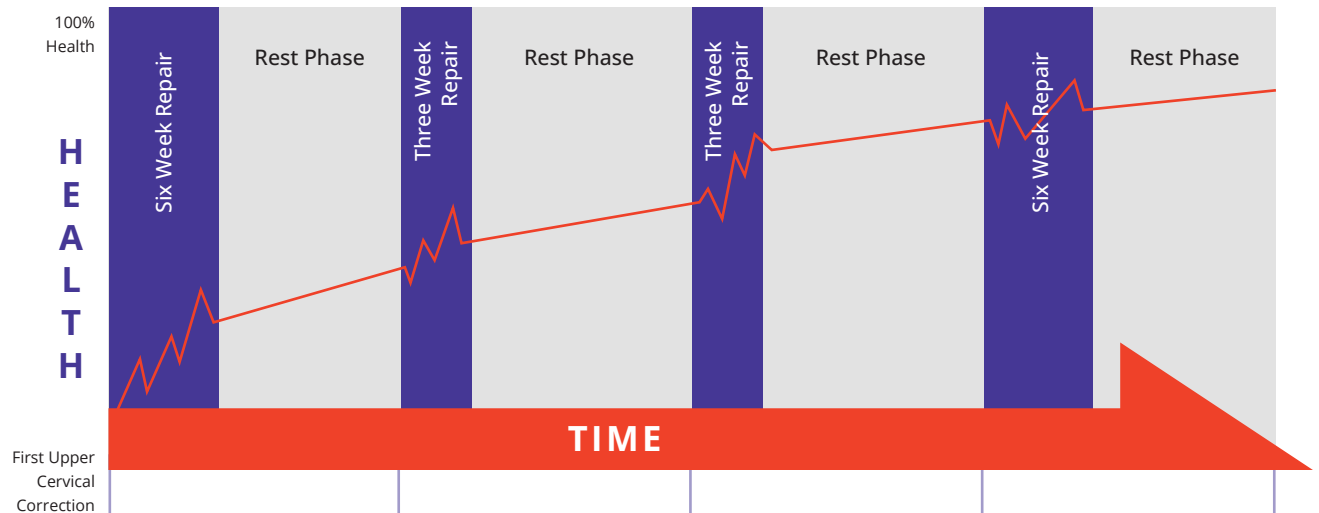
Some abnormalities show very extensive involvement of tissues, while others show very little tissue involvement. Anytime tissue is involved, the structures must retrace the steps through which it passed before it can return to normalcy. Evidence of this can be seen in the varying stages of skin eruptions as they heal. Tissue below the skin's surface goes through the same process while healing; it's just not visible to the naked eye.

WHAT THE UPPER CERVICAL DOCTOR DOES

Upper cervical chiropractors are thoroughly trained to detect the abnormal positions of the vertebrae in the spine. They are trained to restore these vertebrae to their normal positions. After an upper cervical correction, the vertebra is returned toward its normal position. It usually requires a series of adjustments before the correction is complete, and muscles and ligaments regain their normal tone which permits them to hold the vertebra in a more normal state.

TRUE HEALING TAKES PLACE OVER TIME

As it took time for your condition to reach a maximum degree of abnormality it will take time to retrace back to health. Whether your problem is from a recent injury or from a long history of troubles, there is damage to local spinal tissues such as ligaments, tendons, muscles, cartilage, and nerves.



Cycles of Repair Occur Every Three Months.

When going through cycles of repair and retracing, it is common to feel symptoms that you have not felt for months or years. You could feel symptoms from an old injury or an illness. You may even experience past emotional distress. These symptoms may last anywhere from a few minutes to a number of days. The most significant retracing takes place in the "purple" zones indicated in the above chart

POINTS TO REMEMBER

The spine is subject to strain during everyday life, and it is possible that the vertebra may recede toward its old abnormal position, necessitating another correction. Tissues often must be rebuilt in order for the vertebra to hold its normal position. In addition, tissues that have perhaps for years assumed an abnormal condition due to the gradually increasing pressure upon the nerve fibers, must be given time to return through the various stages they passed in the production of the abnormality. This takes time, and patience becomes a cardinal virtue based on the knowledge that all is progressing as it should.

CONCLUSION

Upper cervical patients must realize the necessity of continuing with upper cervical care, even though they may not see their body moving toward health day to day, or may even believe their condition is worsening. This period of retracing is essential and patients are urged to continue treatment through it so as not to preclude the ultimate health which will be theirs if they continue.