



## psustaining care active life plan Information Sheet



### psustaining care plans

**Psustaining care plans** can help your body function properly during a disability and over time. To sustain ability over time we would recommend chiropractic over the course of your lifetime with a **psustaining care active life plan**. Such a plan can be looked at one year at a time.

#### 1. disability

This plan is for a loss of ability, diminished activity, strained anatomy or dis-ease. This would begin with frequent visits over approximately 2 weeks to 3 months of time duration. Re-Exams are performed every 12 visits to determine how your body is optimizing.

#### 2. pstability

Once your spine and nerve system are stabilized your visit frequency will be reduced and extended over a longer period of time so that your spine, nerve system and body can begin to regenerate properly with the nerve system tracing in a healthy way. The "disability" and "stability" can be bundled together in a budgeted year-long "psustaining care active life plan".

#### 3. psustaining care active life plan (pscalp)

If you have already completed a care plan with our office or with another chiropractor, or if you are very healthy then you can start on a psustaining care active life plan. The frequency of your **pscalp** will vary based on the stressors interfering with your function. People wanting to live an active, healthy, well, preventing disabilities, & sustaining activities will want to consider a psustaining care active life plan.

Family Plans are also available.

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Signature

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Date

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