

# HOW LONG WILL I TAKE TO IMPROVE?



There is no definite answer to this question; every case is different. In most cases your chiropractor may be able to give you an estimate of the approximate time it will take to expect a change.

In most instances, the patient's concept of 'being well' is to be free of the symptoms that caused them to visit the chiropractor in the first place. It is common for a person to come to a chiropractor after having spent weeks in pain while seeking relief with drugs and other types of therapy. If that approach proves ineffective, the patient seeks chiropractic treatment, often as a last resort.

After a careful examination and treatment, some patients feel significant improvement rather quickly. It is often natural for such patients to think they are already well. There is, however, much more to illness than pain.

Patients should ask themselves these questions:

**“ Why did I get sick in the first place?”**

**“What caused this problem to develop?”**

**“Is it possible that this problem has been developing for a long time?”**

**“ How can I avoid these problems in the future?”**

Chiropractors teach that we should try to determine the underlying cause of the problem and attempt to correct it, rather than trying to remove the symptoms and have you “think” you are well.

How long it will take to actually “get well” or “improve” depends on many factors such as lifestyle, weight, age and how long the condition has been present. Other factors such as living habits, occupation, genetics, attitude and of course your cooperation, will all contribute to the time required for you to improve. Your Doctor of Chiropractic will suggest an individual programme designed to help your recovery in the shortest time possible and then provide information to keep you healthy.

This information sheet has been prepared to give you a basic understanding of chiropractic. Should you have additional questions, please do not hesitate to ask them. Through a frank discussion of your health problems, your chiropractor can help you learn about your health and how to maintain it.

**We Care About You**

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**Please give this to a friend or colleague  
if you think Chiropractic may help them.**

**Have them call us on 01276 21637**