

## Phases of Treatment

As a rule of thumb, there are 3 broad “phases” of treatment

1. **Initial phase** – symptomatic relief and progressive understanding of the condition (as outlined above)
2. **Consolidation phase** – working through and beyond symptomatic expression of the condition and treating the underlying cause; increased emphasis on rehabilitation, exercise and moving towards improving patient resilience and confidence
3. **“Maintenance”** – at the patient’s discretion, intermittent visits to manage the condition and prevent relapses. This phase is not for everyone and is distinctly different in terms of the nature of the condition, age of the patient, body type and history and so on. Normally this will be an ongoing discussion between patient and the chiropractor.

*Communication* and *cooperation* leading to the mutual trust and working together are the key factors in moving forward. Ultimately, we aim to engage the patient into taking responsibility for their own health and therefore encourage a proactive approach with a view towards minimising treatment interventions.