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CHIROPRACTIC

Corrective Care Program

A Structured Path to Lasting Results

A detailed look at our structured corrective care approach and what to expect.

A free patient education guide from our doctors
(630) 289-2225 · freedomwellness.llc · Hoffman Estates, IL

Welcome

Many people come to a chiropractor looking for quick relief, and relief matters. But for many conditions, feeling better is just the first stage. Underlying issues such as joint dysfunction, postural imbalance, and weak stabilizing muscles often remain after the pain fades.

Our Corrective Care Program is designed to address those deeper patterns with a clear, structured plan so you know exactly where you are headed.

The Three Phases of Care

- **Phase 1, Relief Care:** calm pain and inflammation, restore basic motion. Visits are more frequent at first.
- **Phase 2, Corrective Care:** address underlying joint, muscle, and postural patterns. Visits taper as your body stabilizes; exercises progress.
- **Phase 3, Wellness Care:** maintain your gains and prevent setbacks with periodic visits and healthy habits.

What Makes Corrective Care Different

- Goals set with you, based on your exam findings
- Progress measured with re-examinations, not guesswork
- Active care: exercises and habits, not just adjustments
- Clear expectations about visits, timeline, and investment
- A plan that adapts as you improve

Measuring Your Progress

We schedule periodic progress exams to compare where you are with where you started. These may include range-of-motion testing, posture assessment, functional questionnaires, and, when clinically appropriate, follow-up imaging. If you are not progressing as expected, we will adjust the plan or refer you for further evaluation.

Your Role in the Process

The best results come from teamwork. Our job is to provide skilled, consistent care. Your job is to show up, do your home exercises, and bring your daily habits in line with your goals. Patients who stay consistent, especially in the early phases, tend to see the strongest and longest-lasting results.

Making Care Affordable

We believe cost should never be a mystery. Your report of findings includes a clear breakdown of your plan, and our team will walk you through insurance benefits, payment options, and any available care plans before you begin.

Think of It Like Braces

Orthodontists do not straighten teeth in one visit. Lasting structural change takes consistent input over time, followed by a retention phase. Corrective care follows a similar idea.

Corrective Care Success Plan

- ☐ Understand your goals and timeline
- ☐ Keep scheduled visits
- ☐ Complete home exercises
- ☐ Attend progress exams
- ☐ Report changes promptly
- ☐ Plan your wellness phase

Common Questions

How long does corrective care take?

It varies with your condition, age, and consistency. Your doctor will give you a personalized estimate.

Can I stop when I feel better?

Always your choice. We will explain what stopping early may mean for your long-term results.

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YOUR NEXT STEP

Let's get you feeling your best again.

Ready for more than temporary relief? Call (630) 289-2225 to learn about Corrective Care.

Book Now: (630) 289-2225

freedomwellness.llc/book

VISIT US

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OFFICE HOURS

Tue & Thu: 8am-12pm, 3pm-6pm
Wed: 3pm-6pm
Sat: 8am-12pm
Fri: By appointment only
Mon & Sun: Closed

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