

Family Chiropractic

*Courtesy of Harbourfront Family Chiropractic
by Dr. Warren Gage*



Coasting

When it comes to your health, do you keep on top of it or are you just coasting?

After recovering your health, it's tempting to coast. But that's a surefire way to invite a relapse of your original problem. Why?

Imagine that your goal is to participate in a 10 kilometer run. To get in shape, you train every day. When race day arrives, you're able to run the full 10K without stopping. If you were to stop training, would your ability to successfully run a 10K race remain with you the rest of your life? Of course not.

Spinal health is much the same. Discontinuing your care once you feel better (coasting) interrupts the healing process. In fact, the most lasting changes occur with continued care *after the* symptoms subside.

Are you coasting? No problem. Just remember, we'll be here to help when you're ready to start pedaling again!