



Wellness Care

Why Do I Need Wellness or “Maintenance” Care?

Facts:

- 1) Joints can have disturbed function without pain or other symptoms until condition is advanced.
- 2) Properly functioning joints in good alignment are healthier and more resistant to injury, illness or degeneration.
- 3) Proper joint function and alignment is essential to our overall good health.

Maintaining joint function and alignment can:

- 1) Restore and maintain joint function.
- 2) Optimize athletic performance and coordination.
- 3) Maintain joint stability.
- 4) Improve delivery of nutrition to discs and joints.
- 5) Reduce risk of injury and degeneration.

Research: In a 4 year study by Richard Sarnat, MD and James Winterstein, DC* demonstrated:

- decreased hospital admissions by 43%
- decreased admission stay by 58.4%
- decreased outpatient surgeries and procedures by 43.2%
- decreased pharmaceutical costs by 51.8%
- substantially improved clinical outcomes

Conclusion: Maintenance or Wellness care will improve your health and reduce your over-all health care utilization and costs.

* Sarnat SL, Winterstein J: Clinical and Cost Outcomes of an Integrative Medicine IPA. JMPT 57 (5) 336-347, 2004