

Care Program Frequency & Duration

Our aim is to provide you with the best opportunity to get well, be well, stay well and live a life filled with vitality. **Our programs** take into consideration all the factors listed below and your level of health priority and desire to be well in determining your program.

We take into account the following factors when determining your Wellness Care Program:

- ✓ **Your Personal Priorities** – *health, happiness, mobility, freedom, peace of mind*
- ✓ **Current Health Issues** – *degeneration, illness, disorders, diseases, ill health, sickness*
- ✓ **Drugs** – *prescribed medications, recreation drugs, caffeine, coffee, illicit drugs*
- ✓ **History** – *life, repeated ill health, ongoing chronic health situations, number of episodes*
- ✓ **Physical** – *activity, posture, work, recreation, broken bones,*
- ✓ **Sleep Patterns** – *restlessness, sleep deprivation, chronic tiredness, and sleep apnea*
- ✓ **Stress** – *relationship, personal, work, financial, family, divorce, death*
- ✓ **Emotional** – *embedded emotional issues, unresolved conflict or issues, hanging on to stuff*
- ✓ **Work** – *love it, hate it, just a job, pressure, shift work, travel, responsibility*
- ✓ **Chemical** – *irritants that you are exposed to, in foods, the air quality, water, soft drinks.*
- ✓ **Dietary** – *type of diet intake, fast foods, fats, preservatives, quality*
- ✓ **Alcohol** - *volume, amount, frequency, type*
- ✓ **Smoking** – *length of time as a smoker, number of smokes and type*
- ✓ **Environmental** – *people, places, chemicals, pollutants, situations*
- ✓ **Test Results** – *x-rays, scans, MRI's, computer nerve testing, blood results, cell tests etc*
- ✓ **Desire** – *your desire to be healthy and have wellbeing*
- ✓ **Commitment** – *you ability to commit to your recovery*

Phases of Care

1. Initial Care Phase
2. Recovery Care Phase
3. Revitalisation Phase
4. Wellness Maintenance Phase

*Descriptions are on the following page

Initial Care Phase

Initial Care is all about helping our patients begin to feel better and begin to move better and feel that there is hope in their ability to reconnect to their health and wellbeing.

This phase is characterized by a series of visits that are designed to regain energy flow, release nerve pressure and reduce any tissue and muscle tension.

Visit Schedules: Range from daily down to three times a week

Care Duration: A couple of weeks to a couple of months depending on the individual

You will experience: Improved movement and less discomfort

Recovery Care Phase

Recovery Care is the phase of care where we help re-train your body systems to function better and to strengthen in their function. This care level reinforces your body's natural healing ability. It also begins the journey to greater function and improved wellbeing. The visit schedules for recovery are space apart every few days to ensure the best response in healing for you.

Visit Schedules: Are usually twice a week

Care Duration: Between 3 – 8 weeks

You will experience: Increased movement, a lighter "feeling" and improved function

Revitalisation Care Phase

Revitalisation Care is the phase of care where we help your body improve its energy flows, reconnect to its innate (*inbuilt*) healing potential and help you understand how to look after your mind, body and inner spirit. This phase assists you begin to maximise your own inner potential and release blockages that have affected your flow in life.

Visit Schedules: Once a week – once a fortnight

Care Duration: Between 3-12 months

You will experience: More energy, more resilience in life, less stressed, clearer thinking

Wellness Care Phase

Wellness Care is the where you maintain your physical, emotional and spiritual wellbeing. We ensure that you have maximum flow of energy within yourself and minimise blockages that impede your ability to bring vitality to your life.

Visit Schedules: Once a fortnight to every three weeks

Care Duration: Life time and quality of life choice

You will experience: More flow in life, greater resilience, deeper inner peace and sustained wellbeing