

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser

# Powers & Jans Centre

The Experts on Chiropractic Care:®



Dr. Rick Powers    Dr. Wallace Jans    Dr. Crystal Schmalz    Dr. April Ruzycy    Dr. Yoon Han



The Big White House on 6th St. just off Kingsway  
737 - 6th Street SE

Ph: (403) 529-9069

Ask The  
**Experts**

on  
Chiropractic  
Care



Dr. Wallace Jans

**DON'T BE EMBARRASSED  
TO COME BACK**

Patients drop out of chiropractic care for many reasons. It may be because of time commitments, financial considerations, slow progress, lack of commitment to health, or because they are simply feeling better. Whatever their reason, it is each person's prerogative to discontinue care at any time. In our office the patient is the boss and they decide what type of care they want and how long they want to remain under care.

There are different types of chiropractic care available. Relief care focuses on simply reducing a patient's symptoms. This usually means alleviating pain, which is most often why people consult a chiropractor in the first place. The next type of care is

corrective care where the tissues are strengthened to reduce the likelihood of re-injury. This means continued chiropractic adjustments even though symptoms may be gone. Corrective care can be a long process depending on how extensive the tissues have been damaged and how long standing the condition has been. The last type of care is maintenance where the body is adjusted on a regular basis to keep it strong and resistant to the stresses of life. This could mean getting adjusted weekly, bi-weekly, monthly depending on the individual's lifestyle and overall health level.

As doctors of chiropractic, we would ideally like to see each and everyone of our patients receive corrective care and then move on to maintenance care. In the long term this is the most beneficial and cost effective approach for patients to take. We also realize that these options may not realistically fit everyone's goals or individual situation. We are okay with that as long as the patient is okay with it. If the patient discontinues care, it is on their own terms. The patient is the boss.

Patients often perceive however when they discontinue care they have disappointed us or let us down. Then when their symptoms reoccur (which

they inevitably do) or they develop new problems they are embarrassed to return to the office for care. From our standpoint there is no need for patients to be hesitant to return for care. They left on their own accord and returning is also their choice.

If you've been putting off returning for chiropractic care, hesitate no longer. Your health is too important put off attending to it. Regardless what your reasons were for previously discontinuing care, be assured you will be welcomed back. Call today for an appointment.

**HEADACHES?  
NECK PAIN?  
BACK PAIN?**

**Find out if chiropractic care  
can help you.**

**Call 529-9069 today for a  
FREE CONSULTATION**

[www.powers-jans.com](http://www.powers-jans.com)