

To get the most out of your treatment, it is important to follow your chiropractors recommendations and advice. All cases are assessed individually but it is likely that you will need to see the chiropractor more frequently in the beginning of your treatment and as your condition improves less so. In determining length and frequency of your treatment, your chiropractor will consider various factors:

- Type and severity of your specific health problem
- How long you have been experiencing symptoms
- Posture imbalances and changes to ideal spinal structure
- Age, occupation, recreational activities and previous injuries
- Overall general health

To book an appointment online: [eskbankchiropractic.connect.tm3app.com](https://eskbankchiropractic.connect.tm3app.com)

Recommendations