



## AT 36 Patient Responsibilities

Here are some ways you can get faster relief and better results from your chiropractic care:

- 📦 **Get Involved** – Assume personal responsibility for recovering your health.
- 📦 **Keep Your Appointments** – Remember that each adjustment builds on the last.
- 📦 **Strengthen Your Spine** – Practice the exercises your chiropractor plans for you.
- 📦 **Eat Well** – Proper nutrition is more important than ever during your healing process.
- 📦 **Ask Questions** – The better you understand your condition, the faster you will make progress on your road to recovery.