

Timing your maintenance:

- * When you feel you are sinking back into your self
 - * Neck begins to shorten
 - * You feel a bit shortened all over
 - * You feel gravity is taking over (that heavy feeling)
 - * Small aches and pains you cannot alleviate on your own
 - * To keep advancing your structure
 - * To continue on your spiritual journey (some people come for this)

- * every 3 to 5 months unless there is an ongoing issue
 - * In which to continue work for a bit (especially if there is a chronic issue)
 - * There is a 3 series or 5 series available
 - * To include more tracking
- * Ultimately advanced work (If you can you sit in a 'z' position for 10 minutes)

* Other things to consider:

- * Prior to surgery
- * At some point after surgery
- * After a new injury and before compensation happens

- * Scar work available:
- * Old
- * New
- * After surgery and the scar is not red and there is enough time for deep healing
- * Burns, road rash, major or minor scarring
- * You would be surprised what scars can hang on to