

How Often Should You Be Checked, Adjusted, or Corrected?

A Practical Guide to Upper Cervical Maintenance Care



One of the most common questions people ask when starting upper cervical chiropractic care is: “[How often should I get adjusted?](#)”

Some upper cervical doctors use the word [adjustment](#). Others prefer the word correction. In this article, we'll use both terms to describe the same goal: a precise upper cervical correction/adjustment designed to help restore alignment and improve how the body functions.

But the better question is not just how often you are adjusted or corrected. The better question is: “[How well is my body holding alignment?](#)”

Upper cervical chiropractic is different from general chiropractic care. The goal is not to adjust over and over simply because you have an appointment. The goal is to check alignment, determine whether a correction/adjustment is needed, and help your body hold that alignment for as long as possible.

When your body holds alignment, brain-to-body communication can stay clearer between visits—supporting more consistent progress over time.

Why the Upper Neck Matters

Upper cervical chiropractors focus on the top two bones in the neck: C1 and C2, also called the atlas and axis. This area is important because it sits close to the brainstem and plays a key role in posture, balance, muscle tension, head and neck movement, and nervous system communication.

When the upper neck is out of alignment, the body may compensate with tension, imbalance, headaches, neck pain,

dizziness, or other stress patterns. The purpose of upper cervical care is to gently and precisely correct this area so the body can function with less interference.

What Affects Visit Frequency?

Your upper cervical visit schedule may depend on several factors.

1) How Long You've Had the Problem

A newer issue may stabilize faster than a problem that has been building for years. Long-term posture stress, old injuries, whiplash, concussions, and chronic tension patterns can take time to change.

2) Your Current Symptoms

If you are dealing with frequent headaches, dizziness, neck pain, brain fog, fatigue, or balance issues, your provider may want to check you more often in the beginning. The goal during this phase is to monitor how your body responds and how long the correction holds.

3) How Well You Hold Alignment

This is one of the most important factors in upper cervical care. If your correction holds for only a short time, your body may need more support while it adapts. If you hold alignment for longer periods, your check-ups may become less frequent.

4) Your Stress Load

Physical and emotional stress can affect how well your body holds alignment. Travel, poor sleep, long hours at a desk, illness, exercise strain, and major life stress can all influence posture, muscle tension, and the nervous system. That is why some people need a check-up after a stressful season, even if they had been holding well before.

The Goal Is *Stability* — Not More Adjustments

In upper cervical care, more visits do not always mean more adjustments or corrections. A quality upper cervical chiropractor will typically check your alignment first. If your body is holding well, you may not need to be adjusted or corrected that day. That can surprise people at first, but it is one of the key differences in upper cervical care.

The focus is simple: **Check. Measure. Correct or adjust when needed. Help the body hold alignment over time.** As your body holds alignment longer, visits can often be spaced farther apart.

You may want to schedule an upper cervical check-up if you notice familiar symptoms starting to return, such as headaches, neck tension, dizziness, balance issues, poor sleep, brain fog, fatigue, or a feeling that your posture is “off.” It may also be a good time to get checked after travel, illness, increased stress, physical strain, or any event that seems to set your body back.

*So, how often should you be checked, adjusted, or corrected? In UCC, the answer should be based on **stability**, not routine. The goal is to help your body hold alignment longer between visits.*

FAQs

How often should I get adjusted or corrected with upper cervical care?

There is no one-size-fits-all schedule. In upper cervical chiropractic, visit frequency should be based on how well your body is **holding alignment**. Some people need more frequent checks early on, while others can space visits out as they become more stable.

Do I need to be adjusted at every visit?

Not always. A quality upper cervical chiropractor will typically check your alignment first. If your body is holding well, you may not need an adjustment or correction that day. The goal is not more adjustments—it's better stability.

What does “holding alignment” mean?

Holding alignment means your body is maintaining the upper cervical correction between visits. When your body holds alignment longer, brain-to-body communication can stay clearer, muscle tension may reduce, and your progress may become more consistent over time.

What's Next?

The next step is to schedule an appointment.

Our team will be happy to answer all your questions and help you decide if this is the right path for you.



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