



DWLS™ Pressure Relief Program

The DWLS™ “Pressure Relief Program” focuses on the third leg of the three-legged stool patient education metaphor: Weight Loss. The first leg of the stool represents Chiropractic Care, the second leg of the stool is Active Care and the third leg of the stool is Weight Loss. All three legs of the stool must be strong for the stool to be stable. Weaken one of the legs and the stool teeters. Neglect one of the legs entirely and the stool (the patient’s health and wellness) comes crashing down.

The DWLS™ Pressure Relief Program is a vital part of a patient’s overall treatment plan. It is not presented as an independent, formal weight loss program, but as an integral component of care. The doctor recommends this treatment “leg” as vigorously as he/she recommends the chiropractic and active portions of the patients’ care. Patients are advised that every 10 lbs of extra body weight places 40 lbs of pressure on their lower back and joints. By losing 10 lbs, they will relieve 40 lbs of pressure from their lower back and joints. A goal is set to accomplish this weight loss and pressure relief in the next 28 days, so that the other treatment goals for chiropractic and active care can be accomplished in their proper time frames. Before they ever step into your practice, most patients are aware that their weight is contributing to their problem. They simply need to have this fact reaffirmed by authoritative source –The Doctor.

There are primarily two types of patients who will come to your practice for weight loss. The first type comes with the goal in mind of losing weight and they should be integrated into the conventional DWLS™ Weight Loss Program including group behavioral modification classes. The second type of patient comes to your practice with weight bearing joint problems that are aggravated by being overweight. These patients are in pain and are not anticipating being placed on a weight loss program. They are there to obtain relief from their suffering. This is the reason that a conventional “Weight Loss Program” is never mentioned. Instead they receive the DWLS™ Pressure Relief Program recommendations.

Because the DWLS™ Pressure Relief Program is only 28 days long, the cost of the program is more easily accepted by the patient. As with the DWLS™ “QuickStart” program, the patient does not attend weekly group classes but receives a 5 minute long, one-on-one meeting with the doctor or Program Director once each week. During these meetings the patient is given the class lesson handouts, starting with lesson two through lesson five. The patients receive a lesson handout as well as their food when they come in to receive their regularly scheduled chiropractic care. This is done so that they do not have to make an additional trip to your practice.

Once a patient loses 10 lbs, the aesthetic effects of weight loss come into play. The patient’s weight loss is supported by the compliments they receive from their friends and family. A classic example of this would be: “You look as if you have lost some weight. Your face is thinner and you look great! What’s your secret?” Patients are motivated to continue losing weight as they feel the positive results of losing the initial 10 lbs. At this point patients should be encouraged to accomplish this new weight loss goal and to attend a group class setting.

In addition to relieving a significant amount of pressure from their involved joint area, the DWLS™ Pressure Relief Program lowers the patient’s BMI which improves his/her overall wellness. As the patient continues to lose more weight their BMI will continue to decrease, lowering their risk of suffering from many potential chronic diseases in the future.