


WHAT IS CHIROPRACTIC CARE?

Chiropractic care focuses on treatment and preventative care for disorders involving the nervous system, muscles and joints. It involves the use of safe, specialized techniques to manipulate the spine, other joints and soft tissues of the body in order to promote health and healing. It is a form of alternative medicine that is often used with



other therapies such as massage therapy, acupuncture and physiotherapy. Care is performed by a licensed Chiropractic Doctor who is highly skilled to perform comprehensive examinations, accurately diagnose and effectively treat various health conditions. To ensure a patient achieves optimal health, Chiropractors monitor patient progress, prescribe active at-home rehabilitation, as well as provide dietary and lifestyle counselling. The main goal of chiropractic care is to naturally relieve pain, while improving body function and overall quality of life.

WHY CHOOSE CHIROPRACTIC CARE?

Chiropractic treatment can help you maintain a healthy spine, muscle and joint function while allowing the body to heal without the use of medication. It can offer a natural, non-invasive approach to relieve pain and discomfort as a result of acute or chronic health conditions.

Chiropractic care can help:

- Decrease pain due to mechanical stresses of the body (neck, shoulder, back, hips, knee, ankle)
- Improve mobility, flexibility and posture
- Relieve headache due to neck pain, migraines or tension
- Prevent and/or treat work-related muscle and joint injuries
- Enhance athletic performance
- Correct foot and gait problems
- Relieve pregnancy-related back ache



CHIROPRACTIC CARE AT THE BODYMEND WELLNESS CLINIC:

At the BodyMend wellness clinic we value your entire health. We want to help you make the necessary “adjustments” to be “mending you back to better health. Our Chiropractor is available for consultation, assessment and treatment at our wellness clinic.



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