

Chiropractic Care

Conditions Treated

- Headaches/Migraines
- Tiredness/Fatigue
- Shoulder Pain
- Tension Across Shoulders
- Pain between Shoulder Blades
- Wrist/Hand Pain
- Knee Pain
- Ankle/Foot Pain
- Neck Pain/Tension
- Back Pain
- Difficulty Sleeping
- Elbow Pain
- Hip Pain
- Numbness in Legs and Feet
- Breathing Difficulties

Benefits of Treatment

- Relief from Back and Neck Pain
- Relief from Leg/Knee/Foot/Ankle Pain
- Relief from Arm/Wrist Pain
- Relief from Shoulders/Elbow Pain
- Relief from Joint Discomfort
- Relief from Stress/Tension Disorders
- Relief from Chronic Injuries
- Improved Nerve Communication
- Improved Joint Motion
- Improved Coordination
- Improved Physical Function
- Improved Physical Performance
- Improved Posture

Common Questions Asked

What is an adjustment?

An adjustment is a highly skilled and precise movement applied by instrument assistance or by hand to a joint of the body. Adjustments help to loosen the joint to restore proper movement and optimize function.

Are chiropractic adjustments safe?

Yes. Chiropractic care is widely recognized as one of the safest drug-free, non-invasive therapies available for the treatment of neuromusculoskeletal complaints. The risks associated with chiropractic care are very small. Many patients feel immediate relief following chiropractic treatment.

Does chiropractic care require a referral from an MD?

Chiropractors are legislated as primary care professionals in every province in Canada. This means that patients can consult them directly without a referral.

Why is there a popping sound when a joint is adjusted?

Adjustment (or manipulation) of a joint may result in the release of a gas bubble between the joints, which makes a popping sound. The noise is caused by the change of pressure within the joint, which results in gas being released, just like opening a carbonated beverage. There is usually minimal, if any, discomfort involved.