

CHIROPRACTIC SERVICES



Advantages of chiropractic care

A safe, natural, and gentle way to relieve headaches, neck and back pain, TMJ pain, and other problems affecting the joints, muscles, and nerves—without the use of drugs or surgery.



Variety of treatment approaches

Treatment can include gentle adjustments to your spine and joints, muscle therapy, special exercises, and tips to help you move and feel better.

If needed, an x-ray can be recommended.



Results

Effective pain relief of muscle and joint pain, improved mobility and strength, improved function.

WHAT TO EXPECT FOR YOUR FIRST VISIT:

- Up to 60-minute discussion and physical examination, with emphasis on your neuromusculoskeletal system (nervous system, muscles, bones and joints).
- Information about chiropractic care.
- Explanation and treatment recommendations for your presenting complaint.

WHERE TO FIND US:

80 Bond Health Centre (lower level):
Monday to Saturday
Ph. 416-864-3004

Sumac Creek Health Centre:
Tuesday and Thursday
Ph. 416-864-3038

Patients can access chiropractic care by referral from their family physician or nurse practitioner

