

What is Chiropractic?

Chiropractic is the art, science, and philosophy of natural, hands-on healing. It is one of the largest primary contact health care professions in Canada, after medicine and dentistry. Every year, approximately 4.5 million Canadians are treated with drug-free, non-invasive, hands-on care. The Chiropractors at the Health and Performance Centre diagnose, treat and help to prevent mechanical disorders of the neuromusculoskeletal system. They are specialists in using manipulations of joints within the body to improve range of motion and flexibility, thus restoring proper function. Treatment may include adjustments, mobilizations, soft-tissue techniques, stretching, exercise prescription, injury prevention strategies, and other ways of improving health.

What is Evidence Supported Chiropractic?

Evidence-supported chiropractic is a practitioner's application of the current best evidence moderated by the patient's needs and integrated with clinical expertise and judgment to formulate the best management strategy for the client.

How Does Chiropractic Work?

A chiropractic joint manipulation is a treatment in which the chiropractor uses his or her hands to apply a very quick, precise, and safe amount of pressure directly on the problem area of the spine. This relieves the pressure on the joint and surrounding nerves and allows the spine to return to its proper position and function.



Is Chiropractic Care for You?

Chiropractors treat many conditions affecting the neuromusculoskeletal system. It is a proven, effective, and safe form of treatment for low back pain, neck pain, headaches, muscular tension, and range of motion problems.

Is Chiropractic Safe?

Studies have found chiropractic to be both safe and effective, especially for back and neck pain.

Does Chiropractic Hurt?

There will be some pressure applied to the spinal joints and you may hear a cracking or popping sound. Adjustments rarely hurt. Often there is usually some immediate pain relief and a sense of relaxation.