

What is Chiropractic?

One of the largest primary-contact health care professions in Ontario, chiropractic is a non-invasive, hands-on health care discipline that focuses on the neuromusculoskeletal system.

Chiropractors practice a manual approach, providing diagnosis, treatment and preventative care for disorders related to the spine, pelvis, nervous system and joints.

For many conditions, such as lower back pain, chiropractic care is frequently the primary method of treatment and, where other conditions exist, chiropractic care may complement or support medical treatment by relieving the neuromusculoskeletal aspects associated with the condition.

There are many reasons to seek chiropractic care:

- Back pain
- Neck pain
- Headache
- Whiplash
- Strains and sprains
- Repetitive strain injury (RSI)
- Work and sports injuries
- Arthritis
- Limited range of motion in the back, shoulder, neck or limbs

