

Why see a chiropractor?



Pain changes everything. Chiropractic care changes pain.

You want to live a healthy, active life. But day-to-day life puts demands on your spine, muscle and nervous system.

Chiropractors

- Diagnose and treat causes of pain
- Use a hands-on, non-invasive, drugless approach
- Correct joint motion and restore proper movement

4/5 CANADIANS



Back problems are among the most common chronic conditions in Canada.

Four out of five adults will experience at least one episode of back pain at some time in their lives.

\$22 BILLION



In Canada, the annual economic cost of spine, muscle and joint conditions is an estimated \$22 billion.

What types of pain do chiropractors treat?

- Neck and back
- Some types of headaches and migraines
- Strains and sprains
- Arthritis



Three benefits of seeing a chiropractor

1. Relieve pain and prevent it from returning
2. Improve movement in neck, shoulders, back and torso
3. Treat and prevent muscle and joint injuries