



## Chiropractic

If you suffer from the following, chiropractic services may help in providing you relief of symptoms.

- Back pain
- Sciatica
- Joint pain/irritability
- Headaches/migraines
- Extremity injuries
- Arthritis
- Jaw pain
- Fibromyalgia
- Sports injuries

### **What Is Chiropractic?**

Chiropractors practice a drug-free, manual approach to health care that includes patient assessment, diagnosis, and treatment. In particular, chiropractors assess patients for disorders related to the spine, pelvis, extremities, and their effect on the nervous system. The chiropractors at Back 2 Health Rehabilitation Centre implement the Diversified Chiropractic Technique. They provide comprehensive care and use a combination of chiropractic adjustments, modalities, myofascial release therapy, acupuncture and/or exercise prescription to help you achieve optimal health.

Chiropractors treat problems related to the musculoskeletal system. You do not always have to be in pain to consult a chiropractor. You may be interested in prevention, wanting to learn more about your body, or improving your quality of life. These are all good reasons to consider consulting a chiropractor.

What is a chiropractic adjustment?

Chiropractors are highly skilled in the hands-on art of spinal adjustment. An adjustment involves applying a specific force in a precise direction to a joint that is causing pain. The purpose of the adjustment is to help restore motion or mobility, often relieving pain.

### **What is that “noise” generated following an adjustment?**

Treatment may include manipulation of joints, with the goal of decreasing discomfort by improving movement and function within that joint. When a joint is adjusted, there is a natural change in the internal pressure of that joint. This change results in the release of gas normally dissolved in the fluid, which lubricates the joint. The release of this gas may produce a “popping” sound similar to that produced when you open a can of soda.

### **Is chiropractic safe?**

Research continues to support the safety and efficacy of chiropractic treatment. Chiropractors are holistic practitioners, which means that we do not prescribe medication or perform surgery. As each patient is unique, each treatment and each adjustment is unique as well. Everyone is different, and we make sure that your treatment plan is structured specifically to suit your needs to get you Back 2 Health!

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## Myofascial Release Technique/ Active Release Technique

This state of the art soft tissue movement-based massage technique treats problems with muscles, tendons, ligaments, fascia, and nerves.

The Chiropractors at Back 2 Health Rehabilitation Centre are certified MRT providers. Active release technique (ART ®) is a different type of soft tissue system that is more comprehensive in managing your diagnosis. It can be used to target problematic soft tissue adhesions or ‘scarring’.

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## Instrument Assisted Soft Tissue Therapy (IASTT)

This is a technique that uses a variety of shaped instruments designed to break down collagen, and stretch connective tissue and muscle fibers.

This type of soft tissue technique can be used to treat a variety of conditions including; acute/chronic tight musculature, overuse injuries, trauma, peripheral nerve entrapments, surgical scar tissue, and adhesions. IASTT also has the ability to increase blood flow to and from the area to get you Back 2 Health quickly.

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## Modality Therapies

Different types of modalities are offered in our facility to ensure our patients receive comprehensive care. These modalities include:

- Acupuncture/electro-acupuncture
- Electrical stimulation
- Vibration therapy
- Laser therapy
- Ultrasound
- Thermo/cryotherapy

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## Acupuncture

### **What is contemporary medical acupuncture?**

Contemporary medical acupuncture is a specific type of nerve stimulation technique designed to help modulate abnormal activity of the nervous system. It uses fine solid needles (acupuncture needles) that are inserted into different anatomical locations. The locations of the needles are considered neuro-functional sites, which can be stimulated manually or with electricity to help modulate pain. Treatments are individualized and structured to treat neurological dysfunction related to the clinical presentation of symptoms.

### **Who can benefit from acupuncture?**

Acupuncture can be used to treat a wide variety of conditions. At Back 2 Health Rehabilitation Centre, we focus on the neuro-musculo-skeletal system with our primary emphasis on improving mobility and function, while decreasing pain.

**Acupuncture can be used to treat many different types of conditions including:**

- neck or back pain
- arthritis
- tennis or golfer's elbow
- tension in the neck and shoulders
- carpal tunnel syndrome
- headaches
- plantar fasciitis
- facial pain

**What are the risks associated with acupuncture?**

- Acupuncture is very safe and effective
- Acupuncture may not be suitable for women who are pregnant and individuals with hemophilia
- Sterile, disposable needles are used which prevents the risk of infection

Consult your chiropractor to see if acupuncture is the right choice for you.

**Low Level Laser Therapy**

Low-level laser therapy is the application of red and near-infrared light over injuries or wounds to improve soft tissue healing and relieve both acute and chronic pain. Low-level therapy uses cold (sub-thermal) laser light energy to direct bio-stimulative light energy to the body's cells without injuring or damaging them in any way. The therapy is precise and accurate, offering safe and effective treatment for a wide variety of conditions

**Electrical Muscle Stimulation**

This type of device is commonly used for rehabilitation, muscle training, and prevention of disuse muscle atrophy that may occur after injuries to bones, joints, muscles, ligaments, and tendons.

**Transcutaneous electrical nerve stimulation (TENS)**

This device uses electric current to help stimulate nerves for therapeutic purposes. It helps with nerve irritation and is commonly used to help decrease pain.

**Interferential Current (IFC)**

This modality is essentially a deeper form of TENS. It also helps with pain relief, muscle stimulation, increased local blood flow and reduction of edema.

**Ultrasound**

Therapeutic ultrasound is the use of sound waves to help treat musculoskeletal injuries. This device helps speed up the healing process, increase blood flow, and provide a gentle massage of muscles tendons and ligaments in the area. The overall effect of ultrasound is to decrease pain and reduce swelling or edema in the area.

Treatments take between 3-5 minutes.