

What Can I Expect?

During your first visit to a chiropractic centre, you'll meet the chiropractor after filling out some information about your health conditions. You'll usually be asked to provide information on family history, any pre-existing medical conditions or prior injuries.

A chiropractic exam may include general tests such as blood pressure, pulse, and reflexes, as well as specific orthopedic and neurological tests. This will help to locate areas of your spine that could be the cause of problems.

The chiropractor will study the results and give you a complete report of the findings. If that chiropractor finds that you'd benefit from consulting a different practitioner, you'll be made the proper referral.

Otherwise, you'll be recommended a program of specific chiropractic care.

You'll join millions who have enjoyed better health through chiropractic care.

“The doctor of the future will give no medicine, but will interest her or his patients in the care of the human frame, in proper diet, and in the cause and prevention of disease.”

~Thomas A. Edison~



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What is Chiropractic?



The Focus of Chiropractic Care is on the Integrity of Your Nervous System.

Is Chiropractic safe & scientific?

Chiropractic is a non-invasive, drug-free discipline meaning that the risks associated with it are very low. Adverse events are very rare and your chiropractor will assess you individually for any risks before commencing care. Chiropractic consists of science, art and philosophy. Interferences to the nervous system change the way the body functions. Precise chiropractic adjustments are designed to help correct the interferences.

When should I see a chiropractor?

There are many reasons to seek chiropractic care: Work, accidents, sports injuries, household chores, even the stress of daily living can cause painful joint and spinal problems. Even if you do not have painful symptoms, chiropractic care can help you maintain healthy spine and joint function.



What is Chiropractic?

“A health profession concerned with the diagnosis, treatment and prevention of mechanical disorders of the musculoskeletal system, and the effects of these disorders on the function of the nervous system and general health. There is an emphasis on manual treatments including spinal adjustments and other joint and soft-tissue manipulation.”

~World Federation of Chiropractic, 2001 ~

Chiropractors are educated in orthopedics, neurology, physiology, human anatomy, clinical diagnosis including laboratory procedures, diagnostic imaging, exercise, nutrition rehabilitation and more. Because chiropractic care includes highly skilled manipulation/adjusting techniques, a significant portion of time is spent in clinical technique training to master these important manipulative procedures.