



## ***THE CHIROPRACTIC PERSPECTIVE***

Chiropractic is a branch of the healing arts that concerns itself with the relationship between the nervous system and the function/health of the body. Chiropractic specializes in the location and elimination of abnormal function within the human body. Instead of covering up symptoms with drugs, chiropractic looks to find and correct the underlying cause.

Applying scientific knowledge through hands-on treatment, your Doctor of Chiropractic has direct access to all the interlocking systems of your body throughout your spinal column. Your brain, spinal cord and nerve roots control the proper function of every cell, organ, tissue and system of your body. Your nervous system controls, coordinates and adapts your internal environment to the daily changes and stresses you encounter.

This delicate nerve tissue is protected by your skull, and by 24 movable bones in your spinal column. Physical injury or emotional stress can cause these interlocking bones to lose normal positioning and the ability to move as they should. The resulting pinching, stretching or irritation to nerve tissues can interfere with the function of the organs and tissues they are supposed to control.

As chiropractors we focus on the proper function of the spinal column. As sports chiropractors we extend our focus to ensure proper biomechanics of the body as a whole addressing health of the entire locomotor system of the body.

## **WELCOME TO THE CHIROPRACTIC PERFORMANCE & SPORTS THERAPY CENTRE**

Without exception, it is the goal of the doctors and staff at the Chiropractic Performance & Sports Therapy Centre to provide each patient with unequaled care. We appreciate the opportunity to help you achieve your individual health goals and are dedicated to providing an all encompassing treatment program to address all aspects of your condition. Our focus is on educating patients about chiropractic and how it can help you live a fuller and healthier life. (Add years to your life and life to your years)

### **TREATMENT**

Once your condition has been evaluated and diagnosed a treatment program will be established to specifically address your needs. A multifactoral approach is used to optimize the healing process and speed relief. The different forms (a multitude of) of treatment that may be used during your treatment program (therapies are generally utilized) that may include ice, heat therapy, chiropractic adjustments, mobilization techniques, soft tissue therapies, nutrition and stretching and strengthening exercises.

It is important for you to realize that once your symptoms disappear you require continued care to ensure complete resolution of your condition. Pain is the last indicator to appear with chronic problems and the first to be resolved.

### **WHAT IS AN ADJUSTMENT?**

An adjustment is the use of a specific force in a precise direction, applied to a joint that is fixated or not moving normally. Adjustments help return the bones to a more normal position of motion (movement) relieving pain and dysfunction. The doctors' hands deliver a brief and highly accurate thrust, tailored to your age, size and unique spinal problem.

You will sometimes hear a "pop" with the application of the thrust. This is normal but not necessary for adjustments to be effective. The sound is simply caused by gas being released from the joint capsule with delivery of the thrust, much like cracking your knuckles.

## **UNDERSTANDING THE CHIROPRACTIC LIFESTYLE**

Chiropractic is a science, art, and philosophy that concerns itself with the relationship between the nervous system and function of the body. Chiropractic is the **science** of locating areas of abnormal joint motion. It is the **art** of applying the right amount of force in the right direction to restore normal function. Finally, chiropractic is the **philosophy** that only the body can heal itself so the doctors' main purpose is to help your body maximize its inborn healing ability. Chiropractic prides itself in being a drugless profession.

## **TREATMENT FREQUENCY**

The doctor will determine how often you need treatment based on your individual condition. The frequency of your treatment is established to help you achieve the best results in the shortest amount of time. Just as it takes time for orthodontics to move teeth, so it takes time to correct the movement of your spinal bones. Your entire spine must adapt and compensate for the motion created by the adjustment to an area where there has been relatively little movement for some time. While we are making adjustments to relieve symptoms, we are actually reconditioning your muscles and ligaments so that the vertebrae and discs can maintain lasting health.

## **YOUR SCHEDULED APPOINTMENT**

At the Chiropractic Performance & Sports Therapy Centre we reserve each visit for you in advance so that your daily plans and activities won't be disrupted. Your commitment to maintain your agreed upon schedule is essential to your progress.

## **MISSED APPOINTMENTS**

Please notify our office 24 hours in advance if you must reschedule your visit. Appointment time is valuable and when an appointment is missed or canceled with insufficient notice it is often impossible to rebook that appointment. Any missed appointments must be made up so that your treatment progress will continue on schedule.

## **REFERRALS**

The greatest compliment a person can give us is the referral of family and friends. It is our hope that you understand how much we value your trust and confidence in our care. We invite you to tell your family and friends to see if we can help them as well. Chiropractic care benefits the whole family from infancy to old age, and is a natural path to good health that compliments any lifestyle.

## **CHIROPRACTIC EDUCATION**

Our doctors each have seven years of university level education, with emphasis on the anatomy and biomechanics of the human body. They are trained clinicians who are exceedingly thorough in their assessment and diagnosis of your condition. Our doctors are renowned for their treatment abilities and the positive results they attain. As well, Dr. Uchacz is a sport specialist, and is the current president of the College of Chiropractic Sport Sciences (Canada).

## **SERVICES AND SUPPLIES OFFERED**

Massage therapy

Chiropractic

Custom made orthotic shoe inserts

Nutritional Counseling

Active Release Techniques

Exercise Prescription

Naturopathic Medicine

Mesotherapy

Graston Techniques

Low back supports/belts

Contoured Neck Pillows

Nutritional Supplements

Ice Packs

Postural and Ergonomic Evaluations

Gait and Biomechanical Assessment

Prolotherapy

Intravenous Therapies

## **WELCOME TO OUR CLINIC!**