



At the Chiropractic Performance & Sports Therapy Centre we are committed to helping you achieve optimal health!

Our team of health care professionals encompasses a wide range of manual therapy and physical medicine techniques aimed toward providing exceptional patient care.

Chiropractic Sports Specialists, Dr. Greg Uchacz, Dr. Jeff Holliday, and Dr. Tony Gareau, focus on improving musculoskeletal function. Utilization of Spinal Manipulative Therapy, Joint Mobilization Techniques, and Soft Tissue Therapy (ART, Graston) provides the most effective care possible.

Doctor of Naturopathic Medicine Dr. Michael Hoffmann utilizes Natural Therapies (Herbal Remedies, IV Therapy and Vitamin Injections) in the course of identifying and treating chronic illness. Dr. Hoffmann specializes in the treatment of chronic pain through Regenerative Injection (Prolotherapy) and Trigger Point Injection Therapies, and also offers Cosmetic Mesotherapy to reduce and eliminate fat and cellulite. A FREE 15 minute consultation can be arranged with Dr. Hoffmann to see if Naturopathic Medicine would benefit you.

Registered Massage Therapists Christine Leslie and Amanda Froehler provide Therapeutic Massage Techniques to increase blood flow, reduce pain and swelling, remove metabolic waste products from soft tissues and promote healing in the pursuit of soft tissue rehabilitation.

Exercise Physiologist (Registered Kinesiologist) Robyn How employs a functional, active approach toward injury management, prevention and rehabilitation through the design and implementation of customized exercise programs.

Amy Barnett is the director of Stride Evolutions, which uses the latest in digital video and analysis technology to evaluate body movement during both walking and running. With this information she identifies biomechanical inefficiencies that may predispose individuals to specific injuries or that may result in reduced athletic performance. Robyn How uses the same technologies and methods to evaluate body movement in the avid cyclist.

We appreciate your trust in the management of your health, and look forward to seeing you soon. For more information about our services or to schedule an appointment, please contact us at 225-3842.