



## **Convenience of Chiropractor, Physiotherapist, Acupuncture and Massage Under One Roof Offered in Grey Lynn Auckland**

*September 11, 2023*

September 11, 2023 - PRESSADVANTAGE -

Back In Balance Chiro, Physio and Acupuncture, which is located in Grey Lynn, Auckland, New Zealand, does not just provide the services of a chiropractor but offers the convenience of having an experienced team of chiropractors, physiotherapists, acupuncture, and massage therapists under one roof. They can lodge a client's claim with the Accident Compensation Corp. (ACC) which covers all work and non-work accidents in New Zealand. They can also file a claim on behalf of the client with no need for a general practitioner (GP) referral.

Dr Ali Abbas, chiropractor at Back In Balance, says, "We are an accredited ACC provider and Southern Cross Easy-Claim affiliate. Our physiotherapists are Southern Cross affiliated providers and can process your treatment costs via the easy claim system on your behalf, provided this is covered on your insurance policy."

In addition to spinal adjustments, their team offers dozens of other options to help the patient attain fast, holistic relief. For instance, massage therapy is a natural treatment for musculoskeletal pain. In addition, they also have physiotherapists and acupuncturists to help with providing relief for the pain.

Physiotherapy is a treatment method to help restore, maintain, and enhance the patient's function, mobility, and well-being. Physiotherapy can help through physical rehabilitation, prevention of injury, and health and fitness. Physiotherapists have studied the science of movement and they can pinpoint the root causes of an injury or chronic pain. Physiotherapy may be recommended to a patient after surgery, or an event like a stroke or heart attack.

Meanwhile, acupuncture is part of traditional Chinese medicine and involves the insertion of very thin needles at certain strategic points on the body. It is increasingly being used for the treatment of pain and for achieving overall wellness, including stress management. From the point of view of traditional Chinese medicine, acupuncture is based on the idea of balancing the flow of energy or life force, which is called chi. Chi is believed to flow through various pathways, or meridians, in the body. By inserting the needles into certain points along these meridians, the energy flow can be made to re-balance.

On the other hand, Western medicine practitioners believe that the acupuncture points are places where certain nerves, muscles, and connective tissue can be stimulated. Through this stimulation, the body's natural painkillers are boosted.

Back In Balance Chiro, Physio and Acupuncture is focused on providing specialised chiropractic services for all of their patients in Auckland, New Zealand. They provide physiotherapy services, chiropractic care, massage therapy, and acupuncture. They want to point out that their team of caring providers are committed to restoring the patient to optimal wellness. Their approach is ensuring proper spinal alignment because any misalignments or subluxations in the spine can disruption proper functioning throughout the whole body. Their main goal is to help the patient relief from pain and various ailments.

Meanwhile, they have received 125 reviews on Google and achieve an overall rating of 4.9 out of 5 stars. In a recent review, Sneha gave them five stars and said, "I have been visiting Back in Balance for acupuncture and physiotherapy. I strongly recommend Michael Botes for acupuncture and Steve Suddens for physiotherapy. Both are skilled, experienced, knowledgeable, meticulous and effective professionals. I have been suffering with back pain for three months. My pain is improving a lot now because of them. All prices are reasonable here. Frankly speaking, you will definitely reduce your pain for sure here. I am so grateful to Michael Botes and Steve Suddens. Both really helped a lot to relax my pain."

Those who are interested in learning more about the services of a chiropractor in Grey Lynn and more can check out the Back In Balance Chiro, Physio and Acupuncture website or contact them on the phone or through email. They are open from 7:00 am to 7:00 pm, from Monday to Friday; and from 10:00 am to 3:00

pm on Saturdays.

###

For more information about Back In Balance Chiro, Physio and Acupuncture, contact the company here: Back In Balance Chiro, Physio and Acupuncture Ali Abbas +649 973-5999 [info@backinbalancechiro.co.nz](mailto:info@backinbalancechiro.co.nz) 673 Great North Road, Grey Lynn, Auckland 1011, New Zealand

## **Back In Balance Chiro, Physio and Acupuncture**

*Experienced Chiropractic, Physiotherapy, Acupuncture and Massage all under one roof. Friendly team based in Grey Lynn Auckland. Available 6 days*

Website: <https://backinbalancechiro.co.nz>

Email: [info@backinbalancechiro.co.nz](mailto:info@backinbalancechiro.co.nz)

Phone: +649 973-5999



*Powered by PressAdvantage.com*