

Toronto Chiropractor Clinic Highlights Chiropractic Adjustment for Relieving Neck and Back Pain

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Transform Chiropractic, a chiropractic clinic based on Toronto, Ontario, Canada, has recently published a blog post that explains their chiropractic adjustment for relieving neck pain and back pain. They point out that low back pain has been becoming increasingly common particularly in large centres like downtown Toronto where people have sedentary desk work, reduced overall activity, and poor postural habits. All of those things contributed to stress and strain on the lower back, which then leads to low back pain. In such urban settings, neck pain is also a common problem because people tend to spend long hours staring at their smart phone or computer screen, causing postural stress and strain on the neck and back.

There are a number of possible causes of back pain. These include: muscle strain or ligament strain, which are mechanical back injuries; dysfunction of the facet joints, which are found at the back of the spine; lumbar osteoarthritis and degenerative disc disease; lumbar disc bulge or lumbar herniated disc; lumbar spinal stenosis; spondylolisthesis or spondylolysis; scoliosis; and sciatica or lumbar radiculopathy.

Chiropractic treatment for low back pain has been repeatedly shown to be highly effective. Chiropractors combine various approaches to effectively treat back pain, such as: certain lower back stretches and mobilization methods, chiropractic spinal adjustments, lumbar and core stabilization exercises, and soft tissue therapy. In this Toronto back pain clinic, they will choose the techniques to be used depending on the needs and preferences of the individual patient. These include the: conventional manual chiropractic adjustments, the use of activator instrument assisted adjustments, and drop-table adjustments. This multimodal approach is intended to decrease muscle spasm and overall stiffness, improve lower back stability, enhance movement and the alignment of the lumbar spine, offer comprehensive low back pain treatment, and effectively relieve pain.

Chiropractic treatment for neck pain starts with finding its root cause. Several approaches are used to effectively treat neck pain, including: soft tissue therapy; neck stretching and mobilization protocols; and specific chiropractic adjustments. Postural strengthening and stabilization exercises may also be needed. Their neck pain clinic in Toronto employs multiple techniques for chiropractic adjustments or cervical manipulations, based on the preferences and needs of the patient. These range from activator use, to the more traditional manual chiropractic adjustment, to certain drop-table adjustments.

Meanwhile, Dr. Byron Mackay has a YouTube video where he describes the five best low back exercises for back pain and spinal stabilization. First is the standing air plank for building back stabilization and also for glute activation. Activation of the glutes is vital for proper lumbar and pelvic biomechanics. Second is the bird dog or cross crawl, which is also good for spinal stabilization. The third exercise is the side plank, which is for strengthening the side or lateral muscles of the lower back, which are called the quadratus lumborum (QL) muscles. Fourth is the plank, which is great as an overall lower back stabilizer. Fifth is cat camel mobilization, which is a great exercise for bringing mobility and movement into the low back. These lower back exercises can be combined with chiropractic adjustments in many cases and they greatly reduce lower back pain, and help people have less back pain in the future.

Founded in 2002, the chiropractors at Transform Chiropractic fully understand that every patient that comes into their office has a unique set of health concerns and goals. Their mission is to help patients attain their health goals as fast and as completely as possible. They always make sure to apply the appropriate corrective chiropractic, and specific corrective home care method to make sure that their patients will get the best potential results. They apply a wide range of chiropractic approaches that have enable them to help individuals of all ages, from newborns, to pregnant women to athletes and to seniors who are 90 years old and above.

Those who are in need of a Toronto chiropractor can check out the Transform Chiropractic website, or

contact them through the telephone or via email.

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For more information about Transform Chiropractic, contact the company here:Transform ChiropracticDr. Byron Mackay416-604-4184transformchiro@gmail.comToronto West Professional Centre, 2425 Bloor St W #410, Toronto, ON M6S 4W4

Transform Chiropractic

Transform Chiropractic is an award-winning Toronto chiropractic clinic located in Bloor West Village. Dr. Byron Mackay and Dr. Elizabeth Viglasky have been helping patients with sciatica, neck pain and back pain for over 20 years.

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