

Transform Chiropractic Services in Toronto May Help Relieve Pain and Restore Mobility

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Transform Chiropractic, a chiropractic clinic based on Toronto, Ontario, Canada, wants to emphasize that their team of award-winning chiropractors have already helped thousands of patients get relief from pain, recover their mobility, and enjoy the kind of life they want.

Their chiropractors are highly trained specialists who apply a hands-on strategy to healthcare that focuses on the spine, joints, muscles, and their impact on the body and nervous system. The chiropractor will carefully evaluate a patient and then create a personalized treatment plan that will include various approaches, such as: chiropractic adjustment, personalized corrective exercises and stretches, soft tissue mobilizations and manual therapies, and ergonomic and lifestyle advice. This approach has the benefit of being drug free, safe, and highly effective. It is designed to help relieve pain, bring back normal function, minimize future injuries, and enhance the patient?s overall quality of life.

Dr. Byron Mackay from Transform Chiropractic says, ?When you come to Transform Chiropractic for your

initial visit, you will meet with your chiropractor for a one-on-one initial consultation, where you will discuss your main concern, as well as your health history, work and lifestyle stresses, activity level, and any other contributing factors to your current condition. By examining your overall movement patterns, the alignment and mobility of your spine and joints, as well as the function of your muscles and soft tissues, your chiropractor will be able to determine what the underlying cause of your problem is, and the best way to resolve it.?

Some of the common conditions that chiropractic care can help with are: lower back pain; neck pain and stiffness; headaches; migraines; sciatica nerve pain; shoulder pain; Piriformis syndrome; frozen shoulder; rotator cuff injuries; sacroiliac dysfunction; hip pain; sports injuries; postural imbalance; torticollis; pregnancy back pain; sprains/strains; osteoarthritis; herniated discs; pinched nerves; and repetitive injuries.

One of their most in demand services is chiropractic adjustment for relieving neck and back pain. Low back pain is quite common, with up to 80 percent of people suffering from low back pain at some point in their life. In large centres such as downtown Toronto, where most people do sedentary desk work, have reduced overall activity, and have poor postural habits, the lower back is exposed to a lot of stress and strain. In the same way, neck pain is also a common problem, affecting millions of people, particularly in urban places like Toronto.

Chiropractic care has been found to be highly effective for neck pain and back pain. Chiropractors are qualified health care practitioners and spinal specialists, with at least seven years post-secondary education, who offer effective care for various spinal conditions, including neck pain and back pain. They use various approaches to effectively treat the neck pain and back pain, such as: specific chiropractic adjustments; neck stretching and mobilization protocols; and soft tissue therapy.

Established in 2002, the chiropractors at Transform Chiropractic believe that every patient that comes into their office has a unique set of health issues and goals and therefore customize each treatment to each specific individual. Their mission is to help patients achieve their health goals as quickly and as fully as possible. They always ensure that they are using the relevant corrective chiropractic, and specific corrective home care technique to make sure that their patients will have the best possible results. They utilize a broad variety of chiropractic techniques that allow them to help individuals of various ages, from infants, to pregnant women to athletes and to the elderly who are 90 years old and above. Today, Transform Chiropractic is honoured to have gained the reputation of being one of the leading downtown Toronto chiropractic clinics, using various chiropractic adjustment techniques (Diversified, Thompson, Gonstead, Activator) in combination with personalized postural and stabilization exercises.

Those who require chiropractic services in Toronto can visit the Transform Chiropractic website, or contact them on the telephone or through email. They are open from 7:30 am to 10:30 am, 3:30 pm to 6:30 pm, from Monday to Thursday; and 8:30 am to 9:30 am on Saturdays.

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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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