

# **Our Services**

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# **Chiropractic Services in Bolton, ON**

The Arch Chiropractic Health & Performance Centre, providing chiropractic care to residents of Bolton, Caledon, Caledon East, Nobleton, and the north end of Brampton, Ontario and surrounding areas, provides a wide range of chiropractic and health performance therapies. Our services include, but are not limited to, the following:

## **Chiropractic Care**

Chiropractic is evidence-based non-invasive, hands-on health care discipline that focuses on the musculoskeletal system.

Chiropractors are specially trained to use their hands to provide diagnosis, treatment and preventative care for disorders related to the spine, pelvis, nervous system and joints.

After a thorough diagnosis, we create a comprehensive treatment management plan for our patients, recommend therapeutic exercise, and perform other non-invasive therapists to help reduce pain and promote healing.

## **Class IV K-Laser Therapy**

K-Laser is the most advanced Class IV Therapeutic Laser and delivers optimal treatment outcomes.

Laser therapy is used by chiropractors and medical doctors to reduce pain and inflammation.

Laser therapy actually uses specific wavelengths of light (red and near-infrared) to stimulate the body's natural ability to heal. The effects of laser energy include improved healing time, pain reduction, increased circulation and decreased swelling.

During K-laser therapy, infrared laser light interacts with tissues at the cellular level increasing metabolic activity within the cell. By improving the transport of nutrients across the cell membrane, the increased production of cellular energy (ATP) is stimulated.

The cascade of beneficial effects that follows includes increased cellular function and tissue repair.

# Shockwave Therapy

Shockwave Therapy is a chronic pain solution that improves spasticity and motor functionality, relieves pain and broadens range of motion.

In Shockwave Therapy, acoustic waves generated by the Shockwave trigger biological effects which lead to faster and long-term healing and regeneration of the tissue.

This multidisciplinary device is often used in sports medicine as a method of fast pain relief and mobility restoration. It is non-surgical therapy that eliminates the need for medication to control pain.

# Acupuncture

We are specially trained to use the ancient Chinese medicine therapy of acupuncture. It is beneficial in helping to relieve many chronic pain conditions including fibromyalgia and chronic fatigue syndrome.

Through repeated penetration of the skin using thin, metallic needles, we help to correct imbalances of flow at points close to the skin and relieve your pain and stiffness.

Like so many of our treatments, the delivery of acupuncture is a highly customized therapy as we work with you individually to identify the problematic areas and then gently stimulate them with needles.

# Concussion Management

A concussion is a disturbance in the brain function stemming from indirect or direct force to the head. It is often the result of a sports injury or a motor vehicle accident.

We use a number of assessment tools to aid diagnosis and monitor your recovery. While chiropractic care and cognitive rest are needed in the first stages of recovery, we work with you one-on-one to ensure your symptoms are resolved and your postural stability is also healthy, since so many concussions are accompanied by neck and shoulder issues.

Our work in dealing with a very active clientele, many of who compete at different levels of sports, has allowed us to be experienced in treating concussion and to ensure that you do not return to active play until you are fully recovered.

# Custom Orthotics and Custom Braces

We are specially trained to do fittings for custom orthotics, the custom-made, three-dimensional inserts you place in your shoe to ease pain and discomfort caused by lower limb injuries.

Orthotics help patients dealing with symptoms from a variety of injuries including plantar fasciitis, neuromas, and foot and ankle tendon injuries as well as those impacted by arthritis and diabetes.

We also offer custom braces. To be worn comfortably and to be effective, it is vital that braces fit properly. That is why all our braces are customized to ensure they fit our body. Bracing can be especially beneficial to those who have sustained a sports injury and require enhanced stability.

Patients impacted by osteoarthritis can also use bracing to minimize pressure and stress on affected joints. Bracing also benefits people with joint issues, especially painful knees.

Bracing and compression stockings are another therapy option to provide essential support to joints that are unstable or uneven because of injuries, illnesses, or genetic issues.

## **Sports Specific Training and Conditioning**

We treat active clients who want to enhance their performance or get back in their game after sustaining an injury.

We have devised sports specific training programs to help our patients do their best in popular sports of their choice. In other cases, we work to condition both recreational and semi-professional athletes to get them ready for the sports season.

If you are recovering from an injury, we work to ignite the healing process as well as to determine why the injury occurred and train your body to keep it from recurring in the future.

We listen to your active living goals and work with you to make them a reality. We know that you want to perform at your best, and we will do our best to help that happen.

## **Yoga and Zumba**

Enhanced body movement is maintained through an active exercise program that may include yoga and Zumba.

Yoga is a group of physical, mental, and spiritual practices of disciplines which originated in ancient India. Practitioners enjoy its physical and mental benefits that include enhanced mobility and a sense of overall life balance.

Zumba is an exercise fitness program which involves dance and aerobic movements performed to energetic music.

Depending on the energy invested, a person can burn up to 600 calories in one Zumba class.

## **Gait Analysis/ Biomechanical Assessments**

When you're running or walking gait is off, not only will your ability to walk and run be compromised, but it can lead to other issues if left untreated.

We will take the time to complete a thorough and comprehensive gait analysis / biomechanical assessment on how you move and determine the real source of the problem. By focusing first on finding the cause and then providing therapy to heal the effect, we work to get you back on your feet as quickly as possible and competing more effectively in the sport of your choice.

## **Spinal Manipulation**

Spinal Manipulation Therapy is comprised of a series of adjustment techniques of the vertebrae of the spine.

This therapy allows the chiropractor to correct joint motion, to restore proper movement, and to improve overall function.

Chiropractors take special training to perform the highly effective therapy of spinal manipulation.

## **Band and Neck Pain Therapy**

Back pain, both acute and chronic and in the lower or higher regions, along with neck pain, remain a primary concern of many of the patients who walk through our doors.

According to the National Institute of Neurological Disorders and Stroke, lower back pain is the leading cause of disability around the world.

However, because it is often the result of short-term stress on the muscles and ligaments that support the spine, this pain can often be treated effectively, allowing those impacted by this pain to recover and ultimately return to their active lifestyles without medications or surgery.

Neck pain is often the result of an injury such as whiplash, or it can be caused by poor posture, muscle strain or poor certain degenerative disease, among other arthritis-like conditions.

We offer specific therapies that are helpful to our patients coupled with customized prescribed exercises.

## **Motor Vehicle Accidents**

We will work with your physician and motor vehicle insurer to help you recover from motor vehicle accident injuries ranging from concussions to whiplash to fractures, strains and a range of other problems. Our goal is to get you back on the road to recovery as fast as possible.

## **Workplace Injuries**

We will work with your physician and Workplace Safety and Insurance Board representative to help you recover after workplace injuries.

We will also ensure that while you can return to work as quickly as possible, you have the care and training to avoid re-injury. In some cases, this may involve a graduated return to work as your body strengthens and heals.