Gua Sha therapy

Gua Sha is a healing technique that involves palpation and cutaneous stimulation where the skin is pressured, in strokes, by a round-edged instrument; that results in the appearance of small red petechiae called 'sha', that will fade in 2 to 3 days.

Raising Sha removes blood stagnation considered pathogenic, promoting normal circulation and metabolic processes. The patient experiences immediate relief from pain, stiffness, fever, chill, cough, nausea, and so on. Gua Sha is valuable in the prevention and treatment of acute infectious illness, upper respiratory and digestive problems, and many other acute or chronic disorders.

刮痧

刮痧是中國傳統的自然療法之一，它是以中醫皮部理論為基礎，用牛角 、 玉石等在皮膚相關部位刮拭，以達到疏通經絡、 活血化瘀之目的。 刮痧可以擴張毛細血管 ，增加汗腺分泌，促進血液循環 ，對於肌肉酸疼等所致的風寒痺症都有立竿見影之效。 經常刮痧，可起到調整經氣，解除疲勞，增加免疫功能的作用。

Cupping Therapy

Cupping therapy is the method of using glass or plastic cups to create localized pressure by a vacuum. The vacuum inside the cups causes the blood to form in the area and help the healing in the area. The suction from the cups can penetrate deep into your tissues causing the tissues to release harmful toxins. It triggers the lymphatic system, clears the blood vessels, and stretches and activates the skin.

　　拔罐療法通過排氣造成罐內負壓，罐緣得以緊緊附著於皮膚表面，調節血管舒、縮功能和血管的通透性從而改善局部血液循環而達到止痛作用。拔罐療法有助於增強機體的免疫力並且有排毒功效。

闋於我们：

本中心成立於2005年，在過去的數年內為萬錦及周邊人群提供全方位綜合治療保健。通過多元化的服務，我們不僅對骨骼運動系統，而且對其它身體系統及內科問題都全面調理，讓您擁有一個更健康快樂的自己。

Hi, winnie, can you add the following to the homepage?

Access to Physiotherapy, Massage therapy, Acupuncture, Chiropractic, Podiatry, Custom made orthotics, Orthopaedic shoes, Compression stockings, Naturopath, Reflexology, GuaSha, Cupping, MVA rehabilitation and education programs for a variety of conditions.

By providing all necessary modes of treatment and services in one facility we have ultimately improved the response and compliance of our clients to their treatment.

Take the first step in becoming a stronger, healthier you.

Book an appointment.

For About Us,

Crown Health Centre has been serving Markham and the surrounding area since 1995. Over the past seven years we have provided preventative, curative and post motor vehicle accident care for a variety of musculoskeletal system disorder. From daily stress to an acute injury, our multidisciplinary team is here to provide you effective and friendly hands on care.

Note: I used the web site of trinity rehab and aquacenter rehab for reference.

Thank you very much.

參考：fourseasonsnatural.com

天健康復治療中心（加國無憂网）

We offer:

Chiropodist/Podiatrist

Chiropractic, Naturopathic, Physiotherapy, Acupuncture, Massage Therapy, Acupuncture, Orthopedic Shoe, Custom Orthotics, Compression stocking, Foot reflexology, Cupping, Ear candling

脊椎治療

身體的每項功能都是由神經系統來控制。各種原因（坐姿不正，重復使用等）均可造成脊椎小關節的半脫位，壓迫刺激神經系統，出現許多疼痛和不適，最終形成疾患。脊骨按摩治療可幫您將這種風險降低到最小。

**尤其適用於以下症狀**

1. 緊張性頭痛
2. 頸椎病、腰椎間盤脫出
3. 頸肩酸痛、腰腿痛
4. 坐骨神經痛、手足麻痹
5. 運動損傷、車禍損傷
6. 肩周炎、關節炎

精神緊張

物理治療

最大的特色是運用物理因子(聲、光、電、水、冷、熱、超音波、力、運動與機械)，提供給病患一種非侵入性醫療服務的選擇。透過治療加以預防、矯正、減輕肢體的障礙、功能失調的範圍與程度，以及因為外傷、疾病或其他身心層面所造成的疼痛問題。

Physiotherapy is a health care profession directed at evaluating, restoring and maintaining physical function. It is a distinct form of care which can be performed either in isolation or in conjunction with other types of medical management.

Physiotherapy can be useful in the diagnosis and management of a wide range of injuries, disease processes, and other conditions.

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**主要針對骨骼肌肉繫統功能失調的患者，例如：**

1. 五十肩(冰凍肩)、網球肘
2. 肌筋膜疼痛症候群
3. 肩背疼痛
4. 韌帶扭傷、肌肉拉傷
5. 粘連性疤痕
6. 退化性關節炎、骨折術後

人工關節置換術後等 .

註冊按摩

按摩可改善血液循環，增加局部血流，攜帶更多地氧氣和營養到達身體組織，更快排出體內廢物，祛除體痛根源，加速損傷癒合，促進疾病復原。

**可以幫您解除如下病症**

1. 工作所致重復性肌肉勞損
2. 頭痛、偏頭痛
3. 運動、車禍損傷
4. 肌肉扭傷韌帶拉傷
5. 肩周炎、關節炎等
6. 坐骨神經痛、手足麻痹

精神緊張

Massage Therapy is the oldest known healing art. By using therapeutic touch through massage, a registered massage therapist can effectively reduce everyday aches and pains; headaches; sprain and strains caused by car accidents or sports related injuries. A massage can help reduce chronic and acute stress by way of releasing "fell good" hormones (endorphins) that relieve pain and induce feelings of contentment.

針灸

針灸不僅治療於痛處，促進身體産生自體止痛劑Endorphins快速祛除疼痛；而且調節身體經脈穴位系統，全方位平衡病人的心、身、靈。針灸、傳統中醫可大力彌補西方醫學的不足。

**對以下症狀有很好的療效**

1. 頭痛、偏頭痛
2. 頸肩綜合痛症
3. 面癱、牙痛
4. 肩周炎、網球肘
5. 腰痛、坐骨神經痛
6. 中風後遺症、手足麻痹

各種關節炎、運動損傷

足底反射區療法

祛除亞健康狀態，更能治療各種常見病，多發病及複雜疑難病症。

**註冊自然療法**

**The Naturopathic Approach**

Naturopathic medicine is a holistic and comprehensive approach to improving health and treating illness. Focusing on prevention, and using natural substances and treatments, naturopathic doctors (ND's) support and stimulate the body's ability to heal itself. Natural medicine views each individual as an integral whole. This innovative field of medicine represents an evolution in health care because it encourages the patient to participate in the healing process. At Crown Health Centre, patient and doctor will work together to make the changes that lead to true and lasting wellness.

自然療法強調‘ 整 體’治療和採用非藥物的治療方式，這包括‘排毒方法’(Detoxification)、臨床營養療法，中/ 西草本療法，‘ 同 類 療 法 ’(Homeopathy)等。

自然療法著重於平衡人體 各 生 理系統運作及提升人體免疫功能，來促進身體自癒能力。當診斷病症時，自然療法醫生十分注重患者的外在環境因素、生活方式的規律、飲食習慣和內在的心理壓力。自然療法的精粹在於善用自然的方法和藥物來改善整個人體身心的協調運作，而不僅注重殺菌、消炎、止痛等治標方式。

1. 矯形鞋墊

緩解足部疼痛的方法，最重要的是要選擇一雙能提供足夠支持的鞋子及符合您人體生物力學的鞋墊，這樣，才能有效避免腳痛，徹底解決您的煩惱。 本中心劉醫師足部矯形專業訓練，幫您做全面檢查及測量，度身量制一雙舒適，減壓疼痛的矯正鞋墊或矯正鞋。 矯正鞋均由名牌鞋改制，請見我們選用的各款名牌

安省注册足科专家刘医生(Registered Chiropodist/Foot Specialist)专业精制

矫形鞋垫(Custom-made orthotics)

矫形鞋(orthopedic shoes)

压力袜(compression stockings)

采用3D激光扫描足部，准确捕捉足部信息。并根据生物力学及步态分析检查结果，对足部各种失衡及畸形进行矫正。

专业精治各种脚病，脚痛:

扁平足( Pes Planus)

高弓足( Pes Cavus)

跟腱炎(Achille’s Tendenitis)

跟痛症(Heel Spur, Plantar Fasciitis)

足疣( Plantar Wart)

痛性足茧(Callus)

鸡眼( Corn)

足部感染( Foot infections)

香港脚( Tinea Pedis)

灰趾甲( Onychomycosis)

内生甲( Ingrown toe nail)

甲周炎( Paronychia)

关节炎( Foot Arthritis)

足部溃疡( Foot Ulcer)

糖尿病足(Diabetic high risk Foot)

足部封闭( Foot injections)

足部软组织外科手术( Podiatric surgery)

足部物理治疗: 超声,激光,TENS.....( Podiatric physiotherapy )

足部手法整复治疗(Podiatric manipulation and mobilization)

足科专家有处方权，可根据足科检查结果写处方建议各种治疗方法及开处方药。无需家庭医生转介( no referral required) 。治疗费用可由绝大多数公司及私人保险计划报销。( Chiropodist or Podiatrist under paramedical service,  orthotics, orthopedic shoes, compression stockings under medical devices)

刘医生曾为中国三甲综和医院外科专家，通过加拿大足部医学(Podiatric Medicine)培训，取得安省足病专科执照。二十余年中加临床医学经验，诊断治疗全面准确，细致入微。

何謂活化器療法（Activator Method，AM）

活化器療法是一種包括用長短腿分析半脫位並用活化器進行矯正的脊椎矯正診療技術。長短腿分析是通過長期研究所公認的檢測通則來測試人體脊椎和四肢關節，再由腿的長短反應來判斷是否存在脊椎或關節偏位，即半脫位（subluxation）的診斷方法。活化器（Activator）是一種能夠發出高速度、低幅度的脊椎矯正設備，通過手動的輔助可以對人體的脊椎和四肢關節產生矯正的作用。

緩解足部疼痛的方法，最重要的是要選擇一雙能提供足夠支持的鞋子及符合您人體生物力學的鞋墊，這樣，才能有效避免腳痛，徹底解決您的煩惱。 本中心劉醫師足部矯形專業訓練，幫您做全面檢查及測量，度身量制一雙舒適，減壓疼痛的矯正鞋墊或矯正鞋。 矯正鞋均由名牌鞋改制。

安省註冊足科專家劉醫生（註冊手足病醫生/足專科）專業精製

矯形鞋墊(Custom-made orthotics)

矯形鞋(orthopedic shoes)

壓力襪(compression stockings)

採用3D激光掃描足部，準確捕捉足部信息。並根據生物力學及步態分析檢查結果，對足部各種失衡及畸形進行矯正。

專業精治各種腳病，腳痛:

扁平足（Pes Planus）

高弓足（Pes Cavus）

跟腱炎(Achille’s Tendenitis）

跟痛症（Heel Spur, Plantar Fasciitis）

足疣（ Plantar War）

痛性足繭（Callus）

雞眼（Corn）

足部感染（Foot infections）

香港腳（Tinea Pedis）

灰趾甲（Onychomycosis）

內生甲（Ingrown toe nail）

甲週炎（Paronychia）

關節炎（Foot Arthritis）

足部潰瘍（Foot Ulcer）

糖尿病足（Diabetic high risk Foot）

足部封閉（Foot injections）

足部軟組織外科手術（Podiatric surgery）

足部物理治療：超聲，激光，TENS......（Podiatric physiotherapy）

足部手法的整复治療（Podiatric manipulation and mobilization）

足科專家有處方權，可根據足科檢查結果寫處方建議各種治療方法及開處方藥。無需家庭醫生轉介( no referral required) 。治療費用可由絕大多數公司及私人保險計劃報銷。( Chiropodist or Podiatrist under paramedical service, orthotics, orthopedic shoes, compression stockings under medical devices)

劉醫生曾為中國三甲綜和醫院外科專家，通過加拿大足部醫學(Podiatric Medicine)培訓，取得安省足病​專科執照。二十餘年中加臨床醫學經驗，診斷治療全面準確，細緻入微。

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Podiatry or Podiatric Medicine is a branch of medicine devoted to the study of, diagnosis, and treatment of disorders of the foot, ankle, and lower leg. A Podiatrist is a specialist qualified by their education and training to diagnose and treat conditions affecting the foot, ankle, and related structures of the leg.[2] Within the field of podiatry, podiatric physicians can focus and specialize on different areas, including surgery, sports medicine, biomechanics, geriatrics, pediatrics, internal medicine, diabetes, orthopedics, or primary care.[3]

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**Please CLICK HERE for more details**

請點擊**這裡**查看更多詳情

Chiropractic Care

Chiropractic is a health care profession that focuses on disorders of the musculoskeletal system and the nervous system, and the effects of these disorders on general health.  Chiropractic care is used most often to treat neuromusculoskeletal complaints, including but not limited to back pain, neck pain, pain in the joints of the arms or legs, and headache.

Our chiropractor practices Activator Method. The Activator Method Chiropractic Technique is a gentle, low-force approach to chiropractic care. The technique utilizes specific protocols to detect spinal joint dysfunction, analyze leg length inequality, identify issues with body mechanics, and test neurological reflexes. By analyzing results of these examinations, an Activator doctor can initiate the process of restoring spinal balance in the patient, gently and effectively.

A wide variety of health problems stem from spinal imbalance and dysfunction of the spinal joint and nervous system. Everyday living, stress and old injuries can cause vertebrae to lose their proper position or motion. This dysfunction can irritate your nervous system, causing pain and nerve interference throughout the body. By restoring spinal balance, chiropractic care aids the body in healing itself.

**何謂活化器療法（Activator Method，AM）**  
  
活化器療法是一種包括用長短腿分析半脫位並用活化器進行矯正的脊椎矯正診療技術。長短腿分析是通過長期研究所公認的檢測通則來測試人體脊椎和四肢關節，再由腿的長短反應來判斷是否存在脊椎或關節偏位，即半脫位（subluxation）的診斷方法。活化器（Activator）是一種能夠發出高速度、低幅度的脊椎矯正設備，通過手動的輔助可以對人體的脊椎和四肢關節產生矯正的作用。

**Custom Orthotic**

**What is an Orthotic?**

An ‘orthotic’ is a device designed to restore your natural foot function. Many complaints such as heel pain, knee pain and lower back pain are caused by poor foot function. It’s the orthotic’s job to re-align the foot and ankle bones to their neutral position. the natural foot function is restored and in turn this helps alleviate problems in other parts of the body. In addition, orthotics give a more even weight distribution, taking pressure of sore spots (e.g. the ball of the foot, corns in between toes, bunions etc) and they provide some shock absorption.They are either inserted in a shoe or integrated into the shoe’s design so that they become a part of the shoe’s sole. Orthotics differ from inserts that you can buy at any store because they are specially made to conform to the unique shape of your foot. Each orthotic is as different as the foot it’s made for.

We have a Registered Chiropodist on site that will work with you. A Chiropodist will assess your gait (how you walk) and determine if orthotics are necessary and what will suit your specific needs.

Medical Acupuncture

What is Acupuncture?

Developed in China, acupuncture is a 3,000-year-old system of medicine that is based upon principles of homeostasis and is commonly used for the treatment of pain and alleviation of symptoms.

How Can Acupuncture Help Me?

Acupuncture has traditionally been used as a method of balancing the body’s energy by inserting needles under the skin at specific points along energy pathways (meridians), to prevent or cure diseases and/or disorders. The modern Western medical or ‘neuroanatomical’ acupuncture approach, however, recognizes that needles inserted at acupuncture points induce biochemical changes in the body, such as the release of pain relieving endorphins. A medical approach to acupuncture uses the therapist’s knowledge of anatomy and neuro-physiology in relation to your condition to guide the selection of points in contrast to the Traditional Chinese Medicine approach, which uses the meridian system.

**What is the Activator Method** [Chiropractic](http://www.activator.com/) **Technique?**

The Activator Method Chiropractic Technique is a gentle, low-force approach to chiropractic care. The technique has been used safely on patients of all ages since the late 1960s, bringing relief to people with a variety of health concerns.

Incorporating the latest advances in orthopedic, neurological and chiropractic examinations, this unique system of administering spinal adjustments using research-based analysis and the Activator Adjusting Instrument can help restore spinal balance safely and comfortably.

Because of its effectiveness and gentle nature, the Activator Method has grown to become the world’s most widely-used instrument chiropractic technique.

How does the Activator Method work?

Restoring spinal balance safely and successfully has been the driving force behind the Activator Method Chiropractic Technique.

The technique utilizes specific protocols to detect spinal joint dysfunction, analyze leg length inequality, identify issues with body mechanics, and test neurological reflexes. By analyzing results of these examinations, an Activator doctor can initiate the process of restoring spinal balance in the patient, gently and effectively.

The Activator Adjusting Instrument is the tool more doctors choose to deliver low-force chiropractic adjustments. This unique hand-held instrument has been studied extensively with results published in hundreds of peer-reviewed research papers, and was designed to give patients a specific and gentle adjustment.

The Activator provides a controlled, fast thrust that is comfortable for the patient.  In fact, adjustments with the Activator are so quick and measured, the body’s muscles are less likely to resist, allowing for a more precise and accurate adjustment. Is the Activator Method right for you?

Patients from all ages can enjoy the benefits of an Activator adjustment. The technique is especially helpful for children who sometimes have trouble laying still. The Activator adjustment is so quick and comfortable, children often look forward to their next visit!

Older patients, or those with arthritis, osteoporosis or other bone-weakening conditions find the Activator Method to be effective and gentle. The low-force thrust of the Activator Adjusting Instrument, and the doctor’s ability to pin point the exact location of the problem through Activator analysis, can relieve a patient’s pain without discomfort.

Make the Activator Method part of your healthy lifestyle!

Our practice is pleased to bring you the benefit of the Activator Method Chiropractic Technique. As your partner in health care, we are committed to your good health.

Though some believe that chiropractic care is intended to relieve neck and [back pain](http://www.activator.com/chiropractic-conditions/lower-back-pain/), this form of therapy has more far-reaching benefits. A wide variety of health problems stem from spinal imbalance and dysfunction of the spinal joint and nervous system. Everyday living, stress and old injuries can cause vertebrae to lose their proper position or motion. This dysfunction can irritate your nervous system, causing pain and nerve interference throughout the body.

By restoring spinal balance, chiropractic care aids the body in healing itself. And the Activator Method Chiropractic Technique accomplishes this goal through safe, effective and gentle low-force adjustments.

Experience the benefits of the Activator Method

Do you or someone you know suffer from the following common conditions:

1. [Neck Pain](http://www.activator.com/chiropractic-conditions/neck-pain/)
2. Low Back Pain
3. Whiplash
4. Headaches
5. Knee Pain
6. Sciatica
7. Disc Problems
8. Carpal Tunnel Pain
9. Shoulder Pain
10. Sacro-Iliac Pain

Now, your search for relief is over!  Click [here](http://www.activator.com/directory/) to find an Activator doctor near you, and begin experiencing the benefits of the Activator Method Chiropractic Technique.