**Our Services**

[**Physical Therapy**](https://www.mayoclinic.org/tests-procedures/acupuncture/about/pac-20392763)

Physical therapy is one of the major services which we offer. Our therapists work closely with patients to help them improve their movement potential and gain a healthier and more complete

**Work Injuries and Car**

If an injury at work has impeded your performance in the workplace, our work injury rehabilitation program provides an aggressive yet cautious approach to gettng you back to work quickly…

[**Massage Therapy**](https://www.mayoclinic.org/tests-procedures/acupuncture/about/pac-20392763)

In massage therapy, a massage therapist rubs and kneads the soft tissues of your body. The soft tissues include muscle, connective tissue, tendons, ligaments and skin. The massage therapist varies the amount of pressure and movement.

**Acupuncture**

Acupuncture involves the insertion of very thin needles through your skin at strategic points on your body. A key component of traditional Chinese medicine, acupuncture is most commonly used to treat pain.

**Chiropractic Therapy**

We are one of the most advanced chiropractic clinics and carry the latest chiropractic equipment which helps our doctors diagnose and treat back pains, spinal problems, neck pains and....

**Osteopathy**

Manual Osteopathy í a type of manual therapy (meaning we use our hands to assess as well as treat) that aims to restore optimal function in the body. this hand skill allows the practitioner…

**Zara Chiropractic Clinic - Pioneer of Chiropractic in Vietnam**

Established in 2006, the Zara Chiropractic Clinic is the first chiropractic clinic opened and registered in 2006 under the Ministry of Health, Vietnam. Committed to the quality of treatment, we have consistently strived to be the pioneer in applying state-of-the-art technology from all over the world in order to provide patients with the optimal solution. We have been trusted by many patients in Vietnam for more than 15 years, and have a long-term commitment to provide excellent chiropractic care to Vietnamese and Expatriates.

**100% Western chiropractors, physiotherapists and leading healthcare professionals.**

**Testimonials**

Thanks to every doctor from this clinic, my back pain found out in June is better now that I can breath easily. I surely will recommend Zara Clinic to all of my relatives and friends.

We feel appreciate that Zara Therapy Clinic helped our daughter after the car accident from last year. We hope that more people will visit this clinic for a better life.

I used to visit lots of hospitals and clinics without hope, after my neighbor's suggestion I found out the acupuncture from this clinic is the greatest service.

Thanks to every doctor from this clinic, my back pain found out in June is better now that I can breath easily. I surely will recommend Zara Clinic to all of my relatives and friends.

**Chiropractic Care for Golf Injuries**

Golf is a popular sport that requires a combination of strength, flexibility, and precision. However, playing golf regularly…

**Chiropractic care for pregnant women**

Chiropractic care during pregnancy is becoming increasingly popular as more and more women seek a holistic approach to…

**Flat Feet: A condition that may cause severe pain, discomfort,...**

Flat feet, also known as fallen arches or pes planus, is a common condition where the...