At Physiotherapy on Lakeshore, each client presents us with their unique needs and goals. Our highly qualified team, will assess your needs and suggest appropriate programs of care to ensure that you are on the right path to recovery. We take pride in being able to offer many Health & Wellness programs custom tailored to your specific needs. Our main focus is to return you to the activities you once enjoyed, while preventing further injury. Our team includes many Registered Professionals (Physiotherapist, Chiropractor, and Massage Therapist), who all contribute to maximizing your results and offering their support and guidance throughout your rehabilitation process.

**CHIRO**

At Physiotherapy on Lakeshore our experienced chiropractors employ chiropractic adjustment, therapeutic exercises, and modality equipment to align, strengthen, and improve your musculoskeletal and nervous system. Chiropractic care is a research based treatment that focuses on the musculoskeletal and nervous system.

Your treatment will begin with a thorough chiropractic exam. The goal of this appointment is to assess and diagnose your current condition. This diagnosis will become the basis of the treatment plan, from here our incredibly qualified chiropractors will track your progress. At Physiotherapy on Lakeshore, our chiropractors are qualified to recommend rehabilitative care, exercises, and lifestyle accommodations to further improve your recovery results.

Chiropractic care uses a non-invasive, gentle approach on the affected joints and tissues to increase mobility. Throughout each treatment, we keep you informed and comfortable. We encourage our patients to ask questions. Your comfort, both physical, and emotional is our top priority, which is why we create customized treatment plans based on medical research, evidence based results, and your unique set of symptoms and goals.

**Conditions Treated:**

* Back pains
* Headaches
* Joint pain
* Neck pain
* Whiplash
* Chronic Pain
* Sciatica

**We create customized treatment plans based on medical research, evidence based results, and your unique set of symptoms and goals.**

### Physiotherapy

If you are experiencing discomfort as a result of your posture, back pain, bursitis, you suffer from arthritis, or a workplace or sport injury, physiotherapy can significantly improve your everyday life! Our physiotherapy professionals provide customized treatment that draws from traditional and contemporary evidence-based techniques. Physiotherapy requires a personalized treatment plan that takes into account your unique set of symptoms and goals. We start each treatment plan with a thorough assessment and diagnosis. Taking into account your diagnosis we create a treatment plan with the intention of improving your joint mobility, muscle strength, balance, posture and endurance. Physiotherapy treats your muscles, bones, and joints using careful motions, and stretches.

### Initial Visit

During your initial visit, our qualified and experienced physiotherapists will take you through an orthopedic and neurological assessment to assess your current condition. We take into account your complete health history, and carry out any necessary physiotherapy tests so that we can design the best custom treatment plan for your needs.

#### If you are experiencing back pain, bursitis, discomfort as a result of your posture, or are suffering from arthritis, or a workplace or sport injury, Physiotherapy will dramatically improve your everyday life!

**Massage Therapy**

Drawing from Massage Therapy’s 4000 year old history, our registered Massage Therapists use traditional and contemporary methods to reduce pain, soothe the mind, relax the body, and ease muscle tension. Massage Therapy is equally as effective in preventing injuries as it is in treating them.

Do you suffer from chronic pain? Massage Therapy can help. By using a variety of strokes and pressures in addition to massage oils Massage Therapy relieves stress and reduces chronic pain, and increases blood circulation which benefits the entire nervous system. Whether you are seeking Massage Therapy to recover from a car accident, ease chronic pain, or would benefit from a Prenatal Massage, Physiotherapy on Lakeshore is able to assist you in decreasing your everyday pain.

**Massage Therapists (RMT)**

Our qualified team of Registered Massage Therapists undergos frequent re-education, and eagerly seek additional accreditations to be able to provide our patients the best care possible. Our patients benefit from therapeutic massage, deep tissue massage, myofascial release, lymphatic drainage, trigger point techniques, and more. Throughout your treatment, your Massage Therapist will keep you informed, and repeatedly acquire consent for each procedure.

**Benefits**

* Releases Stress
* Decreases inflammation
* Improves immune system
* Increases blood circulation
* Reduces muscular pain
* Headaches and Tendinitis
* Stress and anxiety
* Pregnancy and Back Pain
* Fibromyalgia

### Acupuncture

For thousands of years, Acupuncture has been used in medical settings on the body’s nervous system to reduce chronic or acute pain, relax the body, and restore the nervous system. Acupuncture, is a precise treatment that is conducted by inserting tiny needles into different points on the body. Medical research has proven that there is a relationship between properly administered Acupuncture and improved wellbeing. Our registered Acupuncturists make sure that each treatment is relaxing, informative, and re-invigorating.

### Treatment Option

If you suffer from chronic pain, Acupuncture can deliver much needed relief. Acupuncture has been proven to relieve pain associated with headaches, neck and back pain, arthritis, pregnancy, fibromyalgia, carpal tunnel syndrome, osteoarthritis, and many more temporary and permanent conditions. If you would like to know if Acupuncture can help you, our registered Acupuncturists are available to discuss the process, risks, and benefits with you today.

### Benefits

* Pain control
* Normalization of nervous system
* Reduction of inflammation
* Tissue regeneration and healing
* Sciatica