

## Our Services

### Back and Neck Pain



In Canada, one of the most common reasons people seek physiotherapy is to find relief from back and neck pain. Both conditions can deter you from living life to your normal level of activity and can seriously impact your quality of life.

After a thorough evaluation to determine the root cause of your pain, we will work out a customized treatment plan to start the healing process, combined with a series of therapeutic exercises and an education component to help prevent recurring problems.

