

COMMON CONDITIONS TREATED

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DISCLAIMER: This is a basic summary for educational purposes only. It is not intended, and should not be considered, as a replacement for consultation, diagnosis or treatment by a duly licensed health practitioner.

COMMON CONDITIONS TREATED BY CHIROPRACTORS

Chiropractors assess, diagnose, and treat disorders of the musculoskeletal system (i.e. joints, muscles, tendons, nerves and bones).

Treatment techniques used by Chiropractors include: **specialized soft tissue therapy, joint mobilization or manipulation, rehabilitative exercise and physical therapy, medical acupuncture, laser therapy, electrotherapy, and therapeutic taping.**

The primary therapeutic goals of chiropractic treatment are to:

- **Enhance overall function of the musculoskeletal system**
- **Decrease stiffness and increase pain free ranges of motion in muscles and joints**
- **Improve overall balance, strength and coordination of the musculoskeletal system**
- **Restore healthy movement of the musculoskeletal system with manual & exercise therapy**
- **Implement multiple strategies to prevent future relapses of pain and disability**

Below is a list and description of common conditions that can be successfully treated with chiropractic care. This is not an exhaustive list so if you are looking for treatment of a particular injury or condition not found below, please contact our office at **519-662-4441** for more details.

- Low Back Pain, Mid Back Pain, and Neck Pain
- Migraine and Tension Headaches
- Sciatica
- Whiplash
- Disc Herniation
- Muscle Spasm and Pain
- Nerve Entrapments and "Pinched Nerves"
- Postural Strain
- Thoracic Outlet Syndrome (TOS)
- Shoulder Complaints
- Rotator Cuff Injuries
- Golfer's Elbow or Medial Epicondylopathy
- Tennis Elbow or Lateral Epicondylopathy
- Carpal Tunnel Syndrome
- Knee Conditions
- Iliotibial Band (ITB) Syndrome
- Piriformis Syndrome
- Sprains and Strains
- Tendonitis/Tendinopathy
- Shin Splints
- Bursitis
- Achilles Tendonitis
- Plantar Fasciitis, Heel Spurs, and Arch Pain
- Osteoarthritis
- Fibromyalgia
- TMJ Dysfunction
- Pregnancy Related Conditions
- Ergonomic Posture and Related Problems
- Repetitive Strain Injury
- Sport, Work, and Motor Vehicle Injuries
- Concussion Management
- Wellness and Preventative Care

- **Low Back Pain, Mid Back Pain, and Neck Pain**

Low Back Pain can be caused by a variety of factors including poor posture, sudden or cumulative mechanical overload of muscles and joints, arthritic conditions, and compression of spinal discs and nerve roots. There are many pain sensitive biological tissues that can generate pain and discomfort in the low back. Common low back conditions treated in our office include: Disc bulges/herniations, joint sprains, muscular strains, lumbar facet syndrome, sacroiliac (SI) joint pain, sciatica, osteoarthritis, myofascial pain, spinal stenosis, spondylolisthesis, mechanical low back pain, and degenerative disc/joint disease.



Mid Back Pain may be caused by a number of things including, muscular strain and joint irritation, poor posture, or inflamed/irritated rib joints. Mid back pain has the ability to travel to the front of the chest and can be aggravated by deep breaths.

Neck Pain can result from direct trauma, an injury such as whiplash, or long-term overload of the joints and muscles of the neck and upper back. Neck pain can be quite disabling for some individuals, with other dysfunctional symptoms arising such as loss of range of motion, headaches, sleep disturbances, and irritability.

- **Migraine and Tension Headaches**

Headaches can drastically affect an individual's activities of daily living. Headaches can have many causes amenable to chiropractic care including, muscular tension, joint dysfunction in the neck or jaw region, and postural strain.



- **Sciatica**

Sciatica is a common term used to describe any type of pain/symptom that radiates into the leg. Sciatica occurs when there is a mechanical and/or inflammatory irritation directly affecting any component of the sciatic nerve. Sciatica symptoms may be felt almost anywhere along the nerve pathway. These symptoms can radiate from the low back region, into the hip or buttock, and down the leg, into the calf, and even the toes. The symptoms can vary widely and may include: a cramping or achy feeling, tightness, burning or a sharp electric shock sensation, numbness, tingling, and leg muscle weakness. The symptoms may start gradually and intensify over time. Activities such as bending forward or to the side, walking, prolonged sitting or standing, and even coughing or sneezing may aggravate sciatica. Chiropractic treatment can help determine the true cause of sciatica, and provide rehabilitation strategies specifically for your circumstance.

- **Whiplash**

Whiplash is a term used to describe an injury to the soft tissues of the neck and upper back, which occurs from a sudden and unexpected movement of the head in any direction, and the resultant rebound of the head or neck in the opposite direction. Symptoms of whiplash injury can sometimes take several hours to several days before they appear.



- **Disc Herniation**

A disc herniation or "slipped disc" occurs when the jelly-like substance from within the intervertebral disc of your spinal column protrudes from its inner casing. This protrusion and resulting mechanical and/or inflammatory irritation can affect the surrounding nerves or spinal column causing pain, tingling, and weakness down the affected limb. The intervertebral disc can become dysfunctional because of trauma, repetitive mechanical stress, the effects of aging, and arthritic conditions of the spine. A disc herniation most commonly occurs in the neck and low back regions.

- **Muscle Spasm and Pain**

Muscle spasm and pain can result from overuse, excessive direct loads, postural strain, or poor physical conditioning. Individuals will complain of pain, loss of ranges of motion and function. Frequently, muscular spasm and pain is accompanied by joint dysfunction and irritation that also needs to be addressed for full and complete resolution of symptoms.

- **Nerve Entrapments and "Pinched Nerves"**

Numbness, tingling, pain and weakness can arise from nerve irritation and/or compression. This can be caused by a variety of conditions including altered joint mechanics, osteoarthritis, disc herniations, inflammation, and muscle spasms.

- **Postural Strain**

A common condition seen in a chiropractic office. Patients usually complain of constant aching pain between the shoulder blades, and into the upper back and neck regions. The pain is often made worse with prolonged static postures such as sitting at a work desk. If untreated for a long period of time, the altered mechanics, irritated joints and muscles associated with postural strain can lead to permanent anatomical changes and chronic pain.



- **Thoracic Outlet Syndrome (TOS)**

These patients will complain of diffuse arm symptoms, including numbness, tingling, pain, and weakness. It is commonly caused by mechanical dysfunction of the upper arm, back, shoulder, and neck, where blood vessels and nerves may become trapped and/or irritated by anatomical structures.

- **Shoulder Complaints**

Many people suffer from shoulder complaints including: frozen shoulder, bursitis, impingement, tendonitis, shoulder separation and dislocation. Symptoms may include decreased and painful ranges of motion, pain with overhead movements, weakness, and problems with activities of daily living.



- **Rotator Cuff Injuries**

A common shoulder injury, the rotator cuff involves four muscles that surround, support, and stabilize the shoulder joint. These muscles can become strained and injured causing symptoms such as painful shoulder ranges of motion, shoulder weakness, and even aching into the upper arm, elbow, and forearm.

- **Golfer's Elbow or Medial Epicondylopathy**

Golfer's elbow affects the tendon(s) that attach to the inside of the elbow. These tendons are responsible for bending or flexing the wrist forward. This condition is most often caused by repetitive activity involving the wrist, elbow and forearm with individuals complaining of pain or weakness on gripping.

- **Tennis Elbow or Lateral Epicondylopathy**

Tennis elbow affects the tendon(s) that attach to the outside of the elbow. These tendons are responsible for bending or extending the wrist backward. This condition is usually associated with repetitive sport or occupational activity involving the wrist, elbow, and forearm. Individuals often report forearm weakness and elbow pain made worse by repetitive gripping and pulling motions.



- **Carpal Tunnel Syndrome**

Individuals with carpal tunnel syndrome experience numbness and tingling in the hand, which can be accompanied by a weakness in gripping. These symptoms are due to compression of the median nerve, which travels from the neck, through the muscles of your forearm and wrist, and into the hand. Compression of the median nerve may arise from inflammation of the tendons of the wrist, with direct injury or activities involving repetitive movements of the hand and wrist being common causes. In some cases, carpal tunnel symptoms can be caused by pregnancy, or other diseases such as thyroid disorders and rheumatoid arthritis. The key with treatment is to determine the true cause of symptoms, and to treat the cause directly whenever possible.

- **Knee Conditions**

The human knee takes on a great deal of mechanical stress. As a result, many people suffer from a variety of knee complaints including arthritis, bursitis, patello-femoral disorders, Osgoode Schlater's, chondromalacia, ligament sprains, ITB syndrome, and cartilage/meniscal damage. These injuries may arise for any number of reasons, including trauma, repetitive stress, abnormal mechanics, occupational and sport injuries, and the normal aging process.



- **Illiotal Band (ITB) Syndrome**

The illiotibial band is a superficial thickening of tissue on the outside of the thigh, extending from the pelvis, over the hip and outer leg, and inserting just below the knee. ITB syndrome is a condition where the altered functional mechanics of the ITB result in excessive friction against part of the knee causing irritation during activity or movement.

- **Piriformis Syndrome**

The piriformis is a muscle that runs from the tailbone to the outer hip, deep below the more superficial gluteal muscles. The sciatic nerve travels in close proximity to this muscle, and in 15% of the population travels right through the muscle. Mechanical dysfunction in the lower back, pelvis, and hip regions may contribute to tightening of this muscle and subsequent pain symptoms. Anyone can be affected, but more often individuals who participate in athletic activity and sedentary individuals who spend a great deal of time sitting as part of their occupation are predisposed to this condition.

- **Sprains and Strains**

Sprains occur when joint ligaments are damaged, and strains occur when muscles are injured. Sprains and strains can also occur together as one injury in a particular region of the body. During the initial stage of a sprain and strain injury, an individual may complain of pain and stiffness, along with a loss in range of motion, strength, and function. These types of injuries are common in the neck and back, along with upper and lower extremity regions such as the shoulder, wrist, hip and ankle.



- **Tendonitis/Tendinopathy**

Tendonitis/Tendinopathy refers to any inflammatory or degenerative condition of the tendons in the body. Tendons are the dense fibrous bands of connective tissue that attach muscle to bone. These structures can become injured from trauma or repetitive use with the end result being pain, weakness, and a loss of motion around a joint.

- **Shin Splints**

Shin splints are caused by mechanical strain in the lower leg. Trauma to the lower leg, a sudden change in activity levels, inadequate physical conditioning, or poor exercise technique will increase the chances of shin splints. The lower leg has several enclosed compartments. If the tissue swells within these compartments, there is no place for the swelling to go so the pressure increases. The increased pressure makes it hard for the soft tissues to function properly and may compromise nerve functioning and blood flow. This can result in leg symptoms of deep pain, tingling, numbness, or weakness that is often worse with weight-bearing. This condition is also sometimes referred to as compartment syndrome.



- **Bursitis**

Bursa are fluid-filled sacs that surround many joints in the body and function to allow smooth motion between tendons. Any condition that leads to altered mechanics and irritation around a joint can contribute to inflammation and pain which can lead to bursitis. Joints most commonly affected in the body include the shoulder, elbow, hip and knee.

- **Achilles Tendonitis**

A condition where the achilles tendon, at or near its insertion into the heel, becomes inflamed and causes pain. Usually the cause is overuse, strain or improper biomechanics.

- **Plantar Fasciitis, Heel Spurs and Arch Pain**

Plantar fasciitis is characterized by pain on the sole or arch of the foot, especially in the heel at the hindfoot. It is caused when the soft tissue fascia of the foot becomes torn, inflamed or over-stretched. It is often precipitated by an acute injury, excessive pronation, or even a change in footwear. Prolonged and repeated pulling of the fascia can lead to the development of heel spurs, with or without pain. Typically, the discomfort is more noticeable first thing in the morning after getting out of bed or after rising from a prolonged seated position.



- **Osteoarthritis**

A common condition that affects many individuals, also frequently referred to as degeneration. Osteoarthritis is characterized by a gradual breakdown of the cartilage that protects joints in your body. Synovial fluid, which helps to lubricate the joints like oil, also reduces its production. Genetics, aging, cumulative biomechanical stress, injury and trauma are some of the factors that contribute to osteoarthritis. Bone deformities called osteophytes or "bone spurs" can also occur in conjunction with cartilage breakdown. Individuals often complain of joint pain and stiffness, and reduced ranges of motion and strength.

- **Fibromyalgia**

Fibromyalgia is characterized by chronic widespread musculoskeletal pain. Individuals suffering from this disorder typically also experience fatigue, sleep disturbances and headaches.

- **Temporomandibular Joint (TMJ) Dysfunction/Syndrome**

TMJ Dysfunction or Syndrome is a term used to describe a disorder of the jaw joints. TMJ Syndrome occurs when the joint is misaligned and not functioning properly. Symptoms include headache, jaw pain, an inability to open the jaw, and a clicking and/or popping sound when the mouth opens or closes.

- **Pregnancy Related Conditions**

Pregnancy is a time of tremendous musculoskeletal, physical, and emotional change. Chiropractic care during pregnancy can be of great benefit to deal with structural complaints arising from a women's changing center of gravity, and hormonal changes which will make joint structures, namely ligaments, more flexible. These physical changes put increased stress and pressure on spinal discs, muscles, and nerves.



- **Ergonomic Posture and Related Problems**

Ergonomics involves fitting a job to the physical limitations and characteristics of the worker. If workers are exposed to repetitive motions, force, and awkward posture, injuries to certain muscles and joints can occur. These injuries may be very subtle in their initial stages but can progress to more serious conditions if not addressed early.

- **Repetitive Strain Injury**

Performing a certain task over and over again such as typing, lifting, bending or twisting causes these type of injuries. The same muscles and joints are used which eventually results in pain, weakness, and dysfunction in those areas. Examples of repetitive strain injuries include, carpal tunnel syndrome, tennis elbow, golfer's elbow, rotator cuff tendonitis, and jumper's knee.

- **Stress and Chronic Fatigue**

Our centre can offer alternative approaches to managing stress and chronic fatigue, especially if these conditions are of musculoskeletal origin. This can be addressed through treatment that includes manual therapy, along with lifestyle modifications such as diet, proper sleep and exercise, nutritional supplementation and stress management. If we deem the possible cause of your complaints to be outside of our health care team's scope of practice, we will refer you to the appropriate health care discipline.



- **Sport, Work, and Motor Vehicle Injuries**

Our chiropractic practitioners have the education, training, and experience to effectively manage sport, work, and motor vehicle injuries. For more information visit the [Sports Injury Treatment](#), [Workplace Injuries \(WSIB\)](#), and [Motor Vehicle Accident \(MVA\) Rehabilitation](#) sections of our website.



- **Concussion Management**

Athletes, individuals involved in a **motor vehicle accident**, or those who have had an **injury** or **fall** can be susceptible to a concussion injury. We offer concussion management for all individuals who have sustained a concussion. Our concussion management services include comprehensive baseline testing, post-injury diagnosis and injury management, concussion rehabilitation exercises, vestibular and oculomotor exercises for persistent symptoms, and submaximal aerobic training.

- **Wellness and Preventative Care**

The absence of symptoms does not necessarily indicate that we are healthy. This is why chiropractic patients throughout the years have taken a proactive role in their health and benefited from maintenance and preventative care. This type of chiropractic care is **voluntary** and given at pre-determined regular intervals. It is designed to maintain maximum health and promote optimal function. Through communication and education, we also provide our patients with practical knowledge to help them independently manage their musculoskeletal complaints.

For more information on chiropractic care at our centre, visit the [Chiropractic Care](#) section of our website.



COMMON CONDITIONS TREATED BY REGISTERED MASSAGE THERAPISTS

Massage Therapy is widely used for the treatment of many conditions including:

- Inflammatory conditions such as arthritis and tendonitis
- Headaches and migraines
- Muscle spasms
- Sprains and strains
- Sport, work, and motor vehicle injuries
- Repetitive strain injury
- Back and neck pain
- Upper and lower extremity complaints
- Circulatory and respiratory problems
- Post-injury and post-surgical rehabilitation
- Pregnancy discomfort
- Stress relief
- Wellness and prevention



Our Registered Massage Therapists also have training to provide specialized services such as Hot Stone Massage, Pregnancy, Labour, and Infant Massage, Lymph Drainage Techniques, Trigger Point Therapy, Deep Tissue Massage, Myofascial Release, and Hydrotherapy. See the practitioner profiles for details.



For more information on massage therapy services offered at our centre, visit the [Massage Therapy](#) section of our website.

COMMON CONDITIONS TREATED BY PHYSIOTHERAPISTS

Physiotherapists are regulated health care professionals with a significant role in health promotion and treatment of injury and disease. They work to restore pain free movement by combining their in-depth knowledge of the body and how it works with specialized hands-on clinical skills to assess and treat symptoms of illness, injury or disability.



Physiotherapists are skilled in prevention, assessment and management of conditions affecting the musculoskeletal, circulatory, respiratory and nervous systems.

Physiotherapy utilizes various treatment techniques including manual therapy and rehabilitative exercise prescription to help you become more functional in your daily activities.

SOME OF THE CONDITIONS THAT CAN BENEFIT FROM PHYSIOTHERAPY TREATMENT INCLUDE:

- Osteoarthritis
- Trauma From Injuries & Falls
- Acute & Chronic Muscle & Joint Conditions
- Sports Related Injuries
- Repetitive Strain Conditions
- Post-surgical Rehabilitation
- Joint Replacement Rehabilitation
- Neurological Conditions (CVA, MS, ALS)
- Respiratory Conditions (COPD, asthma, pneumonia, cystic fibrosis)
- Mobility issues
- ADP (Assistive Devices Program) authorizer for mobility devices (rollator walkers only)



For more information on physiotherapy services at our centre, visit the [Physiotherapy](#) section of our website.

COMMON CONDITIONS TREATED WITH MEDICAL ACUPUNCTURE

There are many successful applications of acupuncture for acute and chronic muscle and joint pain. These include but are not limited to:

- Acute sprains and strains
- Muscle pain
- Arthritic pain
- Shoulder, neck, and lower back pain
- Tennis elbow
- Carpal tunnel syndrome
- Plantar fasciitis
- Achilles tendonitis
- Migraine and tension headaches



Acupuncture may also be of help as a supplementary treatment for secondary problems arising from muscle and joint pain such as decreased energy, stress, and insomnia.

For more information, visit the [Medical Acupuncture](#) section of our website.

COMMON CONDITIONS TREATED WITH LASER THERAPY

Numerous studies show that Laser Therapy can help with:

- Low Back Pain & Sciatica
- Neck Pain & Headaches
- Mid & Upper Back Pain
- Carpal Tunnel Syndrome
- Muscle Strains & Spasms
- Repetitive Stress Injuries
- Osteoarthritis & Bursitis
- Shoulder & Elbow Pain
- Wrist & Hand Conditions
- Hip & Knee Pain
- Ankle Sprains
- Plantar Fasciitis & Heel Pain
- Fibromyalgia
- Sports Injuries
- Auto & Work Related Injuries
- Post-surgical Healing



For more information, visit the [Laser Therapy](#) section of our website.

COMMON CONDITIONS TREATED WITH SHOCKWAVE THERAPY

Shockwave Therapy is the most effective in recalcitrant (unresponsive to treatment) pathological alterations of tendons, ligaments, capsules, muscles and bones. This includes conditions and injuries such as:

- Bursitis
- Hip Pain
- Knee Pain
- Tennis Elbow
- Stress Fractures
- Hamstring Strains
- Achilles Tendonitis
- Patellar Tendinopathy
- Scar Tissue Treatment
- Repetitive Stress Injuries
- Plantar Fasciitis & Heel Pain
- Calcific Rotator Cuff Tendinitis



For more information, visit the [Shockwave Therapy](#) section of our website.

COMMON CONDITIONS TREATED BY NATUROPATHIC DOCTORS

Naturopathic Doctors assist patients in disease prevention and improving overall health through stimulating the natural healing power of the body. They use conventional and naturopathic diagnostic tools for assessing health concerns and determining the most appropriate treatment program. Here is a list of Common Conditions Treated by Naturopathic Doctors:

- Fatigue
- Skin conditions
- Digestive problems
- Seasonal allergies
- Cardiovascular issues
- Respiratory conditions
- Immune system issues
- Detoxification and Weight loss protocols
- Women's, Men's, and Children's health issues



For more information on the naturopathic care offered at our centre, visit the [Naturopathic Medicine](#) section of our website.

COMMON CONDITIONS TREATED BY FOOT CARE NURSES

Foot Care Nurses typically deal with the **nails and skin of the foot**. In addition to these basic services, an Advanced Foot Care Nurse (AFCN) is also qualified to perform specialized treatments for **high-risk clients including those individuals with arthritis, autoimmune disorders, and diabetes**.

Nursing Foot Care services may include:

- **treatment of ingrown toenails**
- **treatment of thick, hard and fungal nails**
- **reduction and/or removal of heavy calluses and painful corns**
- **helpful teaching techniques to promote prevention of specific foot issues**



Many foot problems are avoidable with proper preventative care and maintenance. Regular foot care treatments offer the potential for improved mobility, reduced pain, and a higher quality of life. It is most common for clients to enjoy scheduled foot care treatments every 4-8 weeks. Many Extended Health Care (EHC) insurance policies fully or partially cover individuals for Nursing Foot Care. Please check your policy for details.

COMMON CONDITIONS TREATED BY SOCIAL WORK AND COUNSELLING

Our Clinical Social Work and Counselling services provide a variety of areas of expertise to help individuals and families with matters such as **child and adult mental health, depression, anxiety, addictions, domestic violence, child abuse, custody and access disputes, Motor Vehicle Accident (MVA) rehabilitation and chronic pain** just to name a few. Recovery is a subjective experience, and depending on the circumstance, a combination of interventions and modalities that best suit the specific needs of an individual can be used during treatment sessions.



In addition to offering **clinical counselling and therapy**, this service also provides **general social work supports** that may include but are not limited to connecting individuals and their families to the most appropriate resources in the community, making referrals for their family members to different/other service providers, as well as general navigation of the social system (for example Ontario Housing, Ontario Works, Ontario Disability, court services just to name a few). Many Extended Health Care (EHC) insurance policies fully or partially cover individuals for Clinical Social Work and Counselling. Please check your policy for details.
