



Back Pain

Almost everyone experiences some type of back pain during the course of their lives. Although upper back pain is common, lower back pain is far more prevalent amongst adults. For many people, back pain can be caused by poor posture and bad habits. The accumulated physical wear and tear our bodies experience on a day to day basis puts us at risk of experiencing back pain, regardless of occupation. Routine activities like gardening, housework, and picking up a child can then trigger back pain.

More than 70% of back problems begin during routine daily activities. Accidents and other forms of trauma account for only 30% of back problems. The question then is "Why does your back create symptoms with basic daily activities?"

Answer: there is an underlying problem that must be corrected.

The causes and severity of pain are different for everyone that experiences back pain. Back pain can be attributed to many potential sources. The pain can indicate any number of spinal problems. **It is vital that the source of the problem is clearly identified.**

Mulock & Yonge Chiropractic Health & Wellness Centre has a unique approach to diagnosing and managing neck and shoulder pain. The first step is performing specific posture analysis and accurate tests that identify areas of inflammation (thermal scan), muscle tightness (sEMG), x-rays if needed and inner body physiology like electrolyte balance, hormone levels and nervous system activity (Electro Interstitial Scan) if necessary.

The information gathered in the tests lead to a review of results and then a specific holistic treatment plan will be developed to address the underlying cause of the problem, alleviate symptoms and put your body back on track towards optimal health.

There is no need to suffer!

If we could find the solution to your neck and shoulder pain would you want that? If the pain could go away how would that change your life?

The patients that have committed to changing their health have truly reaped the benefits. We are very happy to have been able to make that kind of impact on people's lives. We are also very proud of our disciplined approach to solving complicated health issues.

