



Your feedback as a patient is of utmost importance to us.

Write us a review and be entered to **win a \$60 credit** usable towards any treatment!

terms and conditions apply

Congratulations to our March 2020 winner:
Vanessa Ho

How was your visit?

Click the button above to let us know how we did!
If your name is drawn, we will contact you via email.

Contact us for more information or if you would like to speak to our practitioners at:

- [Unionville Health Centre: 905-475-8386](tel:905-475-8386)
- [Northville Rehabilitation Centre: 905-534-8666](tel:905-534-8666)

Email: info@unionvillehealthcentre.com | info@northvillerehab.com

Website: www.unionvillehealthcentre.com | www.northvillerehab.com

Disease Spotlight: Low Back Pain

THE
STATS
ON BACK PAIN

**LOW
BACK PAIN**
is the most common¹



THE
AFFECTS
OF BACK PAIN



64%
of those suffering
from back pain feel...
21 YEARS OLDER



76% of back pain sufferers have had to curtail activities due to back pain



TO NEVER
EXPERIENCE
BACK PAIN
AGAIN...



30%
WOULD
REVERT
TO A
FLIP PHONE

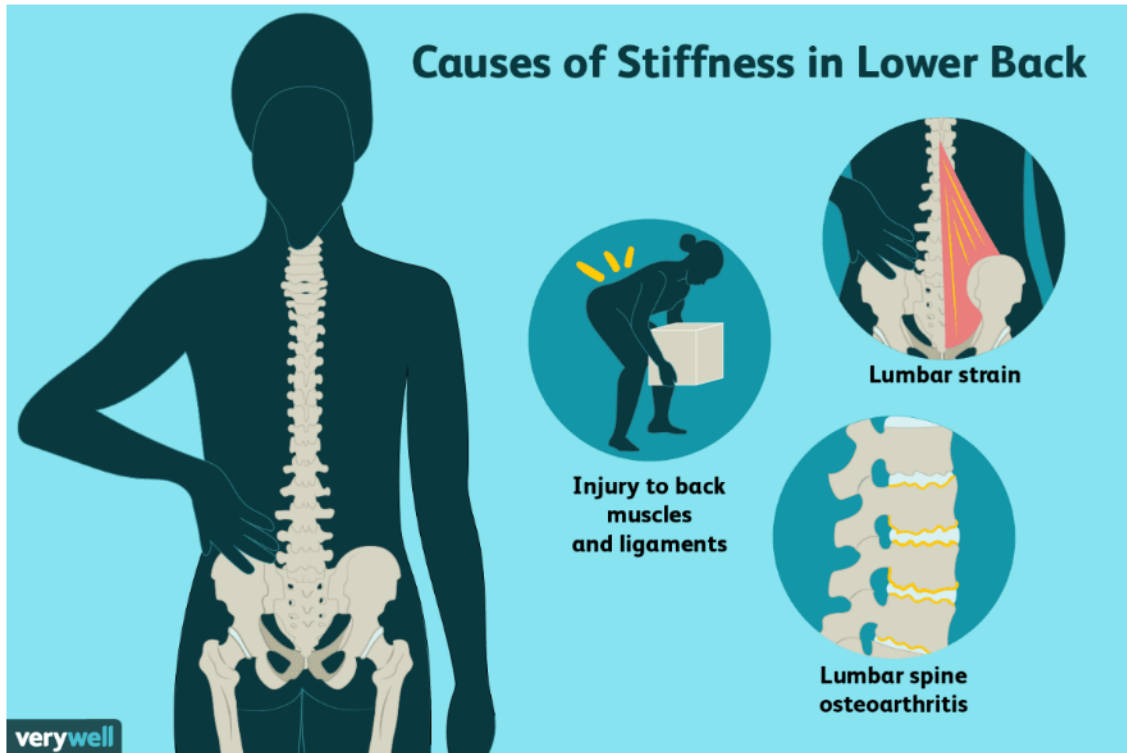


Get moving

- Help circulate your blood to provide oxygen and nutrients to your muscles to improve mobility and strength
- MOVEMENT IS MEDICINE!

Practice breathing

- Visualize sending your breath towards your stomach and expanding it into your chest
- To truly take a deep breath, your spine has to be properly aligned- with your ribs moving together with your breathing muscles



Choose the right pillow

- An improper pillow can cause neck pain and trickle down into creating bad posture
- Opt for a pillow that can fill the space between your shoulder and neck no matter your sleeping position
- Visit the clinic to get measured and fitted for one of our *specialized* "Therapeutica", water, or memory foam pillows

Speak to a doctor

- If you're experiencing chronic low back pain, you may benefit from a physical examination to assess your posture and alignment, or if there is an underlying issue
- Techniques can be given to correct the issue and avoid future complications

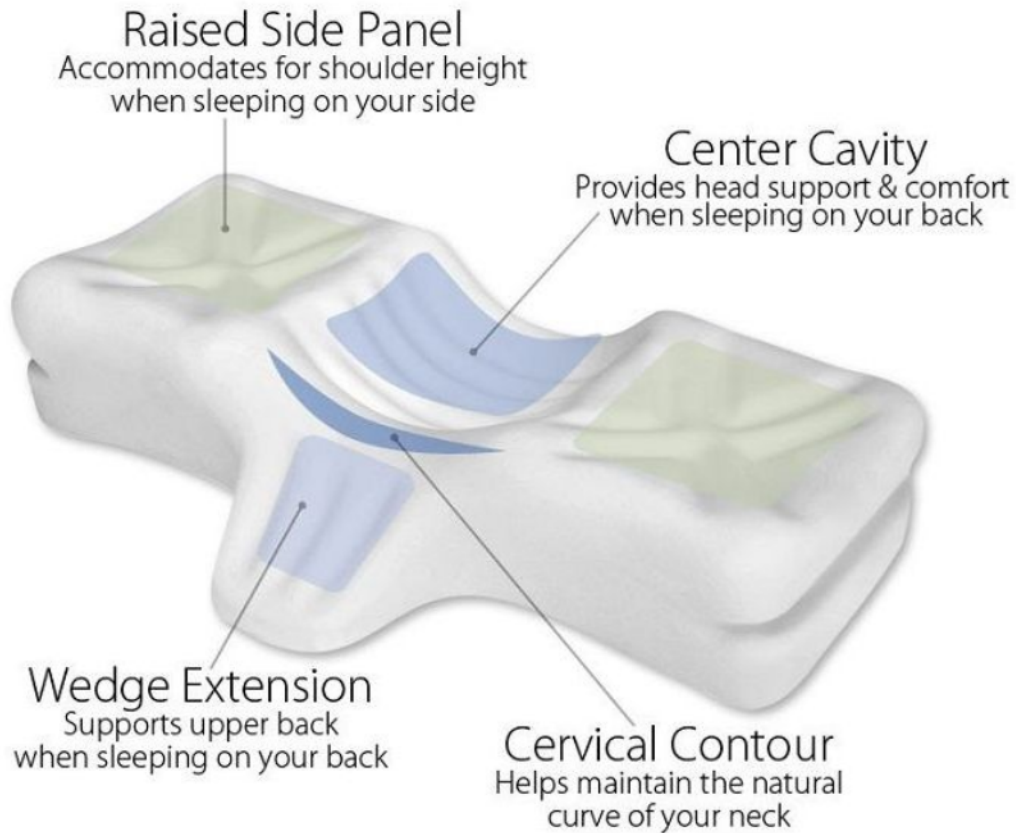
How can we help with your low back pain?

Postural Correction

is one of the *most educative treatment sessions* we can offer to patients.

For more information and education, book in with our postural specialist:

Dr. Fiona Chan



THERAPEUTICA PILLOW

The pillow was designed by an Ergonomic Designer and Doctor of Chiropractic, to provide the correct support and stability no matter your sleeping position. Whether you sleep on your back, side (or both), the pillow can results in a more sound sleep with less tendency to wake up with pain or stiffness.

The pillow comes in four sizes, let the front staff know if you are interested and one of our therapists will measure you to make sure you're supported with the right pillow!

AVAILABLE NOW AT BOTH UNIONVILLE AND NORTHVILLE

We also currently offer other pillows such as memory foam or a water pillow.
Call the clinics today for more information!

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- [Northville Rehabilitation Centre](#): 905-534-8666

Email: info@unionvillehealthcentre.com | info@northvillerehab.com

Website: www.unionvillehealthcentre.com | www.northvillerehab.com



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