



Get the Best Results Possible with Chiropractors and Physiotherapists Working Together

Are you tired of getting the run around with your healthcare and just want help to resolve your pain and/or injury? Have you heard chiropractors and physiotherapists don't get along because of their differing skill sets? At PhysioChiroWellness, our integrated team of chiropractors and physiotherapists believe the best approach is collaboration!

Research has shown that the lack of communication and collaboration may be responsible for up to 70% of adverse events impacting outcomes. However, facilities emphasizing integrated care result in enhanced patient satisfaction, increased perceived quality of care, and improved access to services.

At PhysioChiroWellness, our team believes that your care is more important than our egos. We are dedicated to providing comprehensive care so you can resolve your pain and restore your function as effectively as possible!

Request an appointment today to learn more about how our chiropractors and physiotherapists work together for your benefit.

How Physiotherapists and Chiropractors Work Together

Although physiotherapists and chiropractors have notably different skill sets, educational backgrounds, and treatment philosophies, what they have in common is helping people feel better, move better, and maximize their health and well-being.

At PhysioChiroWellness, we believe that physiotherapists and chiropractors can collaborate to achieve better outcomes for our patients in an integrated clinic. Despite the different but complementary treatment techniques and specialties, we know working together is a more effective way to take advantage of our strengths and counteract our weaknesses.

Request your appointment online at [physiochirowellness.ca](https://www.physiochirowellness.ca) or call the clinic nearest you!

Ajax

92 Church Street S, Unit 107
Ajax, Ontario L1S 6B4

833.339.6727

Newmarket

291 Davis Drive, #4
Newmarket, Ontario L3Y 2N6

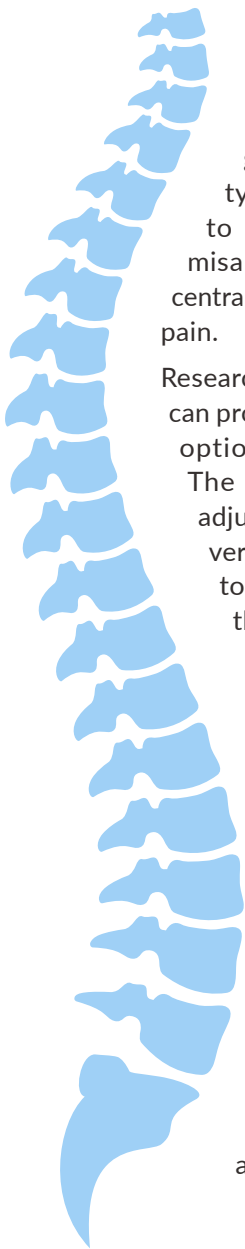
833.339.8215

Vaughan

8760 Jane St #103
Vaughan, Ontario L4K 2M9

833.339.8447

OUR TEAM APPROACH OFFERS EFFECTIVE SOLUTIONS!



Generally speaking, chiropractic care is based on the view that the interconnected partnership between the body's musculoskeletal and nervous systems gives it the ability to heal itself. Chiropractors typically use hands-on treatment methods to identify and treat spinal and muscular misalignments that cause pressure within the central nervous system and lead to acute or chronic pain.

Research has shown that chiropractic adjustments can provide instant pain relief and are an excellent option for people dealing with acute pain. The chiropractic treatments often focus on adjustments to restore mobility and realign the vertebrae. When the spinal joints are returned to their ideal positions, tension is released throughout the body.

Physiotherapists use a more diverse set of assessments and treatment approaches to diagnose physical abnormalities in patients' musculoskeletal systems. Physiotherapists focus on resolving pain, restoring joint mobility and strength, and improving balance and coordination.

Physiotherapy treatments often emphasize using corrective exercise, modalities, soft mobilization, or many other tools and treatments to address impairments and functional limitations. Physiotherapists care for all musculoskeletal conditions that hinder the body's movement and/or cause pain.

What to Expect at Your PhysioChiroWellness Sessions

Our physiotherapists and chiropractors will perform a thorough assessment to fully understand treatment needs and appropriate techniques to achieve the best possible outcomes.

We know that each patient is different, so we will create an individualized treatment plan tailored to your unique capabilities. Our integrated team will collaborate using the clinician's unique competencies to develop complementary programs to maximize the benefit of every visit.

Together, we'll then guide you through exercises designed to help your pain and return to your pre-injury abilities. We will help to alleviate your pain and restore mobility to the injured area and surrounding areas that have been affected or are contributing to your condition.

Next, we will focus on restoring your strength through exercises designed to maximize your function and prevent future injuries. We will also incorporate balance and coordination exercises to stimulate the nervous system and help ensure your body functions at its best.

At PhysioChiroWellness, our integrated team of physiotherapists and chiropractors will provide the foundation for successful outcomes while reducing future injuries!

Request an Appointment Today!

We know that a unified approach to care is the key to identifying and treating your condition's underlying cause, ensuring you find lasting relief. Call us today to schedule an initial consultation where you'll have the opportunity to speak to both a chiropractor and a physiotherapist!

[Request an Appointment](#)

Sources: <https://www.sciencedirect.com/science/article/abs/pii/S1939865416301175>; <https://bmchealthservres.biomedcentral.com/articles/10.1186/s12913-018-3161-3>; <https://www.healthline.com/health/physiotherapist-vs-chiropractor#bottom-line>

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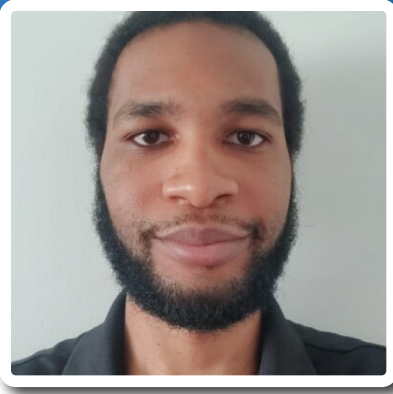
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Staff Spotlight

Branden McKnight Registered Physiotherapist



Branden I. McKnight graduated from Brunel University London with a Master of Science degree in Physiotherapy in 2019. Prior to completing his degree, he gained clinical experience working with a variety of patients as a Registered Kinesiologist. Branden also received his degree in Human Kinetics from the University of Windsor in 2015.

Branden has an interest in athletic rehabilitation, specifically ankle and balance rehab, and has experience working with a variety of injuries and conditions including vestibular, post-surgical, workplace, and motor vehicle accident injuries.

Branden's goal as a physiotherapist is to rehabilitate and improve general and sport-specific fitness, performance, and quality of life by using education, exercises, manual techniques, and modalities.

HEALTHY RECIPE

ANTI-INFLAMMATORY GINGER & TURMERIC CARROT SOUP



- 1 tablespoon olive oil
- 1 leek, cleaned and sliced
- 1 cup chopped fennel bulb
- 3 cups chopped carrots
- 1 cup chopped butternut squash (or more carrots)
- 1 tablespoon grated ginger (about a 2-inch piece)
- 2 garlic cloves, minced
- 1 tablespoon turmeric powder
- Salt & pepper to taste
- 3 cups low-sodium vegetable broth
- 1 can lite coconut milk (14.5 ounces)

Heat the olive oil in a large dutch oven or saucepan. Add the fennel, leeks, carrots, and squash. Sauté for 3-5 minutes until the veggies start to soften. Add the garlic, ginger, turmeric, salt, and pepper, and sauté for a few more minutes.

Add the broth and coconut milk. Bring the mixture to a boil, cover, and simmer for 20 minutes.

Once the soup is cooked, add it to a blender and blend until creamy. You could also use an immersion blender. Taste and adjust the seasonings to your taste.

Serve immediately with a dollop of coconut yogurt and enjoy!

<https://www.simplyquinoa.com/anti-inflammatory-ginger-turmeric-carrot-soup/>

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PATIENT SUCCESS STORY

“Came in a few months ago with a really horrible mid-back pain that felt like a boa was wrapped around my spine. **The whole team at PhysioChiroWellness treated me and a few weeks later all the pain was gone.** Very comfortable atmosphere and friendly associates! Highly recommend you check them out!” –Ray M.



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