



# Demystifying Chiropractic Care

**Safe, Effective & Science-Backed**



Chiropractic care can bring up a lot of questions, and that's totally normal. There are plenty of ideas floating around about what chiropractic is, and let's be honest, some of them are a little outdated. We're here to clear things up and show you what modern, evidence-based chiropractic care really looks like at Peach Physiotherapy. It's all about a personalized approach that helps you feel your best and get back to what you love.

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## What is Modern, Evidence-Based Chiropractic?

Forget what you think you know about chiropractic -- especially if it involve bones "out of place" or complex theories without scientific backing. Our chiropractor, Dr. McCabe, takes a completely evidence-based approach.

Here's what that means:

- **Focus on Function:** Our main goal is to improve how you move, reduce pain, and bring your body back to feeling its best, both day-to-day and when you're doing your favourite things.
- **Backed by Science:** Every treatment decision is based on the latest research and clinical guidelines. We stick to methods proven to be safe and effective.
- **Whole-Body Approach:** We look at your body as an interconnected system. While spinal health is important, we also look at muscles, joints, and movement patterns throughout your whole body.

# Addressing Your Top Questions About Chiropractic

## 1. "Is Chiropractic Care Safe?"

This is one of the most common (and important!) questions we get, and the short answer is yes! Especially when care is delivered by a qualified, evidence-based chiropractor like ours.

Here's what safety looks like:

- **Thorough Assessment:** Before anything begins, we take the time to understand your health history, current symptoms, and how your body moves. We screen for any red flags to make sure chiropractic care is the right fit for you.
- **Personalized Plan:** Your treatment plan is built just for you, based on your goals, needs, and what you're comfortable with.
- **Gentle, Targeted Techniques:** We use precise techniques that are right for your body. And adjustments are just one part of the picture. Chiropractic care often includes soft tissue work, movement strategies, and exercises too.

## 2. "What's That 'Pop' or 'Crack' During an Adjustment?"

We get it. Hearing a sound during an adjustment can feel a bit strange if you're not expecting it. But don't worry, it's completely normal. That "pop" (also known as cavitation) is just gas being released from the fluid inside your joints when they're gently stretched or moved. Kind of like cracking your knuckles. It's a harmless, natural sound.

What it **doesn't** mean: that your bones are going back into place. That's one of those outdated myths we're happy to let go of.

What it **does** mean: we're helping improve joint mobility, ease muscle tension, calm irritated nerves, and help you move and feel better overall. The sound is just a side effect, not the goal.





## Beyond Adjustments: A Comprehensive Approach

Spinal manipulation is a powerful tool, but it's just one part of the comprehensive care you'll get from our chiropractor for your aches and pains.

Here's what else might be a part of your treatment plan:

- **Joint Mobilization:** Gentle, controlled movements to improve how your joints move.
- **Soft Tissue Therapy:** Hands-on techniques to release muscle tension, knots, and trigger points.
- **Therapeutic Exercises:** Custom exercises to build strength, improve flexibility, and support stability.
- **Therapeutic Modalities:** Advanced tools like Radial Shockwave Therapy to help soft tissues heal, and Class IV Laser Therapy to reduce pain, inflammation, and speed up tissue repair at a cellular level.
- **Custom Foot Orthotics:** Supportive insoles made just for your feet to improve comfort, alignment, and how your whole body moves.

Whether you're dealing with back pain, neck stiffness, headaches, or general joint discomfort, we focus on finding the root cause and building a plan that leads to real, lasting relief.