

**SCHEDULE YOUR
APPOINTMENT TODAY!**



ABOUT MSK CHIROPRACTIC

Our skilled chiropractors at the MSK Centre deliver exceptional care and personalized treatment strategies to help you lead a healthier, pain-free life. Our chiropractic solutions are rooted in rigorous scientific methods and supported by peer-reviewed research. We are dedicated to restoring balance, optimizing body function, and empowering your wellness journey, one chiropractic adjustment at a time.

Our process begins with a thorough evaluation. Here at the MSK Centre, our chiropractors delve into your medical history, ensuring they fully understand your health journey to date. They perform specialized testing to pinpoint the root cause of discomfort and dysfunction, evaluating your musculoskeletal and neurological health. With this detailed understanding, we craft a customized treatment plan tailored to your specific needs.

At the MSK Centre, we believe in proactive, personalized care. Our chiropractic solutions are tailored to your specific needs, and designed to reduce pain, improve mobility, and ultimately enhance your quality of life.

Chiropractor Services Include:

- Manual Therapy
- Manipulation Therapy
- Active Release Therapy
- Shockwave Therapy
- Acupuncture
- Concussion Screening and Management

- Ergonomic Training
- Injury Prevention
- Throwing Mechanics
- Orthotics

BENEFITS OF CHIROPRACTIC CARE

Chiropractic care offers a range of benefits for individuals seeking alternative or complementary approaches to healthcare. While the effectiveness of chiropractic treatment can vary depending on individual circumstances, here are some commonly cited benefits:

- 1. Pain Relief:** Chiropractic adjustments, spinal manipulation, and other techniques can provide relief from various types of pain, including back pain, neck pain, headaches, and joint pain. By realigning the spine and correcting imbalances in the musculoskeletal system, chiropractors aim to alleviate discomfort and improve overall function.
- 2. Improved Joint Function:** Chiropractic adjustments can help restore mobility and flexibility to stiff or restricted joints. By addressing subluxations (misalignments) in the spine and other joints, chiropractors aim to optimize joint function and reduce wear and tear on surrounding tissues.
- 3. Enhanced Range of Motion:** Many individuals experience increased range of motion after chiropractic treatment, allowing for greater flexibility and ease of movement. By addressing restrictions in the spine and other joints, chiropractors aim to restore optimal motion and function to the body.

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THROWING MECHANICS

WITH DR. ROBB



Do you or a loved one participate in a sport that requires repetitive throwing and swinging motions?

In sports such as these, it is common to experience injuries to the upper extremities. Such injuries are common in athletes, and they can affect the hand, arm, elbow, or shoulder. Fortunately, at MSK Centre, we can provide you with the proper throwing mechanics needed for your sport of choice, in order to lower the risk of sustaining an upper extremity injury.

Some of the most common types of upper extremity injuries include:

- **Tennis elbow.** While this term is colloquially referred to as “tennis elbow,” it can also be caused by other sports and activities, including softball, baseball, raking leaves, and even excessive typing on a computer. Tennis elbow is an overuse injury that results in inflammation of the tendons in the forearm, making it difficult to lift your arm.
- **Golfer’s elbow.** This is another colloquial term, used to describe an overuse injury causing muscle inflammation inside the elbow. It is also sometimes referred to as “Little Leaguer’s Elbow.” This injury runs from the bony point of your elbow and can stretch down your forearm, making it difficult to extend or lift your arm. Sports and activities that generally result in golfer’s elbow include golf, baseball, softball, bowling, and gardening.
- **Flexor tendonitis.** This is an overuse injury that causes swelling in the tendons that control your hand movement, making it difficult to bend your fingers and move your hand or elbow. Flexor tendonitis is typically associated with sports that require constant throwing, such as softball, baseball, football, or shot put.
- **Frozen shoulder.** Frozen shoulder can result from either an acute injury or an overuse injury. It occurs when the tissue in your shoulder thickens or scar tissue forms, causing your shoulder to feel as if it’s being “squeezed” and making it difficult to move.
- **Rotator cuff tear.** Rotator cuff tears can occur from either acute or overuse causes, as well. For example, falling on an outstretched arm, sustaining a blow to the shoulder, or partaking in repetitive overhead motions (such as those in swimming, softball, baseball, tennis, or football) can all result in rotator cuff tears. This occurs when the muscles or tendons that surround the shoulder joint become damaged or torn.

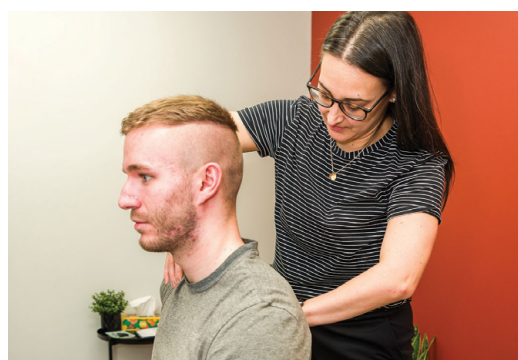
PROPER THROWING MECHANICS

At MSK Chiropractic, we are happy to say that we offer preventative screening and sports performance enhancement programs, designed to teach the techniques needed in order to prevent injuries.

These programs will teach the patient how to execute the proper techniques for throwing, including, but not limited to:

- Leading with the hips
- Keeping your hand over the top of the object being thrown
- Keeping the elbow up during the acceleration phase
- Closing the shoulder when accelerating the throw
- Moving the leading foot towards “home”

If you or a loved one participates in a sport that requires constant throwing or swinging, our chiropractors can provide assistance for injury prevention. Request an appointment with MSK Centre today!



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4. **Reduced Muscle Tension:** Chiropractic adjustments and soft tissue therapies can help alleviate muscle tension and tightness. By targeting areas of muscular imbalance or dysfunction, chiropractors aim to promote relaxation and reduce the risk of muscle strains and injuries.
5. **Improved Posture:** Poor posture is a common contributor to musculoskeletal pain and dysfunction. Chiropractic care can help correct postural imbalances and alignment issues, promoting better posture and reducing the risk of related problems such as back pain and neck strain.
6. **Management of Chronic Conditions:** Some individuals with chronic conditions such as osteoarthritis, fibromyalgia, or scoliosis may find relief from symptoms through chiropractic care. While chiropractic treatment cannot cure these conditions, it may help manage pain and improve function in some cases.
7. **Prevention of Injuries:** Regular chiropractic adjustments and maintenance care can help prevent injuries by addressing underlying biomechanical issues and promoting optimal musculoskeletal health. By keeping the spine and joints properly aligned, chiropractors aim to reduce the risk of acute injuries and repetitive strain injuries.
8. **Complementary Approach to Healthcare:** Chiropractic care is often used as part of a holistic approach to healthcare, complementing conventional medical treatments and therapies. Many individuals find that combining chiropractic care with other modalities such as physiotherapy, massage therapy, and exercise can enhance overall health and well-being.
9. **Stress Reduction:** Chiropractic adjustments and manual therapies can have a calming effect on the nervous system, helping to reduce stress and promote relaxation. By relieving tension in the body and promoting better circulation, chiropractic care may contribute to overall feelings of well-being and relaxation.
10. **Individualized Treatment Plans:** Chiropractors typically develop individualized treatment plans tailored to each patient’s specific needs and goals. This personalized approach allows for targeted care that addresses the underlying causes of pain and dysfunction, rather than just treating symptoms.



CALL 855.428.2013 OR VISIT WWW.MSKCENTRE.CA FOR MORE INFO

SERVICE SPOTLIGHT

CONCUSSION SCREENING AND MANAGEMENT WITH DR. DIXON



Concussion therapy is a highly useful tool in supporting recovery from traumatic brain injury. During concussion therapy, you can expect to work with a highly experienced chiropractors who will evaluate the severity of your brain trauma and match you with tricks and strategies that can reduce discomfort, alleviate painful symptoms, and improve brain functionality.

HOW CAN CONCUSSION THERAPY HELP?

All too often, it is these symptoms of a concussion that lead to the greatest amount of discomfort. Chiropractors can encourage a return to feeling better by restoring strength to atrophied muscles and improving endurance. This can be achieved through a combination of muscle-training activities and aerobics. However, it is important to work with a chiropractor to gain guidance regarding the best activities for your body's needs post-brain injury. Working out alone could lead to further injury. Your chiropractor will customize a strength-building program for you, as well as guide you through aerobic moves that help you regain that endurance.

WHAT DOES CONCUSSION THERAPY LOOK LIKE?

In addition to chiropractic care, additional strategies like targeted massage, specific stretches, and even eye motion training can help to reduce headaches and nausea following a concussion. Chiropractic programs for concussion often build in vestibular therapy, which helps you orient yourself during periods of lightheadedness or loss of balance. To encourage this your chiropractor will introduce you to specialized activities, including fixing your gaze at a certain point in the distance, or using simple movements to stabilize your core and limbs. With proper guidance, these strategies can be incredibly helpful in improving your quality of life as you recover from a concussion.

SUCCESS STORIES

Dr. Andrew Robb is one of the best practitioners I have seen. He is very knowledgeable and doesn't try the same thing over and over if it doesn't work. His perspective on the human body and approach of health issues is remarkable. I have had hip and shoulder issues for years and he helped me correct them, and now I am able to workout and enjoy life.



AT-HOME EXERCISE

SINGLE LEG BRIDGES

Start by lying on your back with knees bent, feet flat on floor and arms at your sides with palms down. Extend one leg straight, engage the abdominals, and slowly lift hips up towards the ceiling. Aim to keep your hips level and hold as instructed at the top before lowering your hips back to the floor. Repeat as instructed by your provider. 3 sets; 10 reps; hold.



Always consult your physiotherapist or physician before starting exercises you are unsure of doing.



COME BACK TO MSK!

HAS YOUR PAIN RETURNED?

Call today to schedule an appointment!

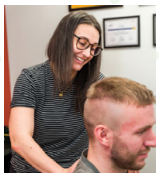
855.428.2013

Or request an appointment online at

www.mskcentre.ca

MEET OUR CHIROPRACTORS

DR. JULIA CALLAGHAN **(B.SC. (HONS), DC)** **DOCTOR OF CHIROPRACTIC**



Julia graduated from the University of Waterloo with an Honours Bachelor of Science Degree in 2008, and went on to complete her Doctor of Chiropractic Degree at the Canadian Memorial Chiropractic College, graduating in 2012 Summa Cum Laude with Clinic Honours and received the Donald Bramham Memorial Award for academic standing. Julia is a certified practitioner of Contemporary Medical Acupuncture through McMaster University, maintains full body certification as a provider of Active Release

Techniques® (A.R.T.®) and is certified in elastic taping methods, Graston, Activator Methods, Selected Functional Movement Screen (SFMA), and Lower Extremity Athletic Movement Assessment. Julia takes an evidence-based approach to chiropractic and enjoys treating all varieties of patients and conditions from sports injuries to postural strain. Julia is passionate about soccer, she played throughout her time at university and continues to play today, while also serving as assistant coach for the Women's Varsity Soccer Team at the University of Waterloo since 2012.

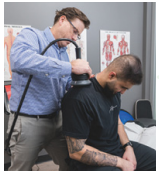
DR. JOEL DIXON **(B.KIN. (HONS), DC) DOCTOR OF CHIROPRACTIC**



Joel graduated from Brock University with an Honours Bachelor of Kinesiology degree. He received his Doctor of Chiropractic degree from the Canadian Memorial Chiropractic College. Joel is passionate about sports, specifically ice hockey. He was the team chiropractor and trainer for the Kitchener Dutchmen of the greater Ontario junior hockey league (GOJHL) for 7 seasons. Joel was also a medical practitioner for the 2015 PANAM games and the 2019 Ontario Summer Games. Joel is a certified complete concussion management

practitioner. He has taken courses on vestibular rehab and is an authorized Saccade Analytics provider. Saccade Analytics is a VR eye-tracking software that provides objective data on brain function following a concussion or vestibular impairment. Joel has additional certification and training in Contemporary Medical Acupuncture, soft tissue therapy, shockwave therapy, custom orthotics and Graston technique. In his free time Joel enjoys playing hockey, golf, snowboarding and spending time with his family.

DR. MICHAEL FREY **(B.SC. (HONS.), DC) DOCTOR OF CHIROPRACTIC**



Dr. Michael Frey graduated from the University of Waterloo with a Bachelor's Degree in Honours Science and then went on to obtain his Doctor of Chiropractic at the Canadian Memorial Chiropractic College in Toronto. Since 2004, Dr. Frey has been practising in Waterloo working within a multidisciplinary health care team comprised of orthopaedic surgeons, physiotherapists & a massage therapist. In January 2013, Dr. Frey joined the MSK Centre as the resident chiropractor. In addition to his extensive knowledge and experience

in assessing & treating spine related disorders, Dr. Frey also has experience in post-op total joint replacement, orthopaedic & spinal rehabilitation. He

has a keen interest in gait analysis and foot mechanics, specializing in the conservative management of foot related disorders including orthotic management, footwear and exercise prescription. Dr. Frey runs a Foot and Ankle Assessment clinic at the MSK Centre with Dr. Stevens and Dr. Snider. Dr. Frey is a member of the College of Chiropractors of Canada, the Canadian Chiropractic Association, the Ontario Chiropractic Association and the Canadian Chiropractic Protective Association.

DR. KEVIN FUSS **(B.SC, DC) DOCTOR OF CHIROPRACTIC**

Kevin graduated from the University of Western Ontario with an Honours Bachelor of Science degree in Physiology. From there, Kevin attended the Canadian Memorial Chiropractic College, graduating in 2007. Kevin continued his education and became a Certified Active Release Techniques Provider and a Certified Golf Fitness instructor through Titleist Performance Institute. Kevin enjoys working with athletes and sport injuries of all kinds. He has been fortunate to work with many athletes, from NHL/AHL/OHL hockey players to varsity athletes to the weekend warrior! When Kevin is not at the office you may find him at the hockey rink or baseball diamond with his family and 3 kids. Kevin has a strong passion for golf and when he gets a free moment you will find him teeing it up and chasing birdies!

DR. ANDREW ROBB **(BA, DC, FRCCSS(C), CSCS, ACU., ART®) CHIROPRACTIC** **SPORTS SPECIALIST**



- Chiropractic Sports Specialist
- Certified Strength and Conditioning Specialist
- Medical Acupuncture Provider
- Active Release Techniques Provider
- University of Waterloo, Director of Player Development Men's Baseball Program

- Ontario Nationals Baseball Program – Director of Player Development

Dr. Andrew Robb holds a Bachelor of Arts degree from Brock University where he also was a member of the Canadian National Championship Baseball Team (98'). He went on to graduate from the Canadian Memorial Chiropractic College and eventually post graduate fellowship from the Royal College of Chiropractors of Sports Sciences. Clinical care provided by Dr. Robb is the administration of advanced physical and orthopaedic assessments, including movement-function based approaches, and advanced rehabilitative therapeutics (ART, Medical Acupuncture, Shockwave, Marc Pro, etc). Dr. Robb has published in various scientific journals in the areas of soft tissue therapy, baseball biomechanics, shoulder injuries, and functional movements. He is on clinical faculty at the Canadian Memorial Chiropractic College. Dr. Robb has collaborated with various organizations including, Canadian Athletic Coaching Centre, American Sports Medicine Institute, and Major League Baseball (Arizona Diamondbacks and Toronto Blue Jays). Dr. Robb has an area of focus in baseball pitching biomechanics, throwing injuries, and sports performance and conditioning. He is a consultant for various baseball organizations and is also involved with Major League Baseball conducting research. Dr. Robb is published in various sport science journals on the topics of baseball injuries and hip function. He is an international lecturer on the topics of arm, hip, baseball related injury mechanics and movement sciences. He has lectured at Laurier University, Canadian Memorial Chiropractic College, and Brock University.



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