

Is This YOU?



- 1 Forward Head Syndrome
- 2 Tight and Achy Muscles
- 3 Spondylosis/Degeneration
- 4 Pinched Nerve Syndroms
- 5 Weak and Tired Muscles
- 6 Compressed/Slipped Disc

Call To Schedule A
COMPLIMENTARY CONSULTATION.
+65 6816 8881
or SMS to 8383 9898

It's A Conversation, Not A Commitment.

www.truechiropractic.com.sg

What You Can Expect...

Our goal at True Chiropractic is to restore the structural integrity of your spine. **RESTORING and PROTECTING your body's normal structural alignment** is a major factor in maintaining optimal health and wellness.

We first begin by analysing your **posture and range of motion** as these are key components to your **overall spinal health**. We follow this with a **complete structural chiropractic examination**, including a **muscular and skeletal assessment** and any necessary **orthopaedic and neurological testing**.



To fully evaluate the health of your spine we will take a **complete set of structural xrays**. These will be specifically analysed by a **medical radiologist** and a **chiropractic doctor** to screen for any **underlying health concerns** or locate any **structural abnormalities**.



Healthy
Normal Spine

VS



Unhealthy
Stage 3 Spine

All of these x-rays are taken using a **lower-dosage digital x-ray machine**. We have done a comprehensive review of the medical literature to ensure that these x-rays are **perfectly safe for people of all ages**. Rest assured that your health is our number one priority.

What We Will Provide to You...

By **locating structural shifts in your spine** and **correcting your spine back towards its proper position**, we can improve the health of your spine and nerve system. This will help your body to **heal and function more naturally**. By **focusing on these primary conditions** we will not only address your primary concerns, but also reduce or **eliminate many other secondary conditions** that you may be experiencing. Once your spine has been fixed, then we will teach you how to keep it that way through customized recommendations designed for your spine. This will ensure that the problem does not return.

We will also provide you with other options. We have built excellent long-standing relationships with the best health care providers throughout Singapore. If during our consultation or examination we find that Structural Correction is not right for you, we will make sure to find the best practitioner to help resolve your specific condition.

How You Can Get Started!

We offer complimentary consultations for 2 specific reasons:

1) We would like to learn more about you.

The most important aspect of the consultation is for us to determine if Structural Correction can be the solution that you have been searching for. We will need to take a look at your lifestyle and fully understand your specific situation.

2) We want you to know more about us.

During your consultation, we will provide you with an overview of Structural Correction, and how we may be able to assist you in achieving your health goals. Our focus is quite different from what you may have experienced from other health care providers, so we will gladly answer any questions that you may have.

Of course our services aren't for everyone. However, if you are tired of constantly patching the problem and you're looking for a long-term solution that you can both see and feel, then True Chiropractic may be the right place for you.



**TRUE
CHIROPRACTIC**
GROUP



The Experts in Structural Correction



A PREFERRED PARTNER OF

Ace Medical Services
Faster healthcare solutions



A PARTICIPATING
**Spinal
Rehab
Centre**

Here's the Basics!

There are a wide variety of treatment options offered by medical doctors and traditional medicine practitioners. Most of these methods will focus on the **temporary relief of pain and symptoms** (or what we call **SECONDARY CONDITIONS**). They will usually start with a course of **muscle relaxers, pain relievers, and/or herbal medicines** to shut off your body's pain receptors. If this is not effective, then **massage or physiotherapy** may be used to **strengthen muscular weakness, address muscle spasms, or increase mobility**.

Other practitioners may focus on alternative therapies such as **cupping, tuina, guasha or acupuncture** to calm the site of pain. When those don't work, more invasive procedures like **injections, dry-needling, or surgery** may start to be used. All of these treatment programs are effective at the appropriate time and place and they all have different goals and outcomes.

Why Are We Different?



Rather than constantly repairing damage, at True Chiropractic, we have chosen to fix the underlying foundation and help your spine retain its **Normal Structure**.

The human body has normal temperature, normal blood pressure, normal heart rate, normal hearing and normal eyesight. However, most people are not aware that the human body also has a **normal spinal alignment and structure**.

If your spine has shifted away from its normal structural alignment, this may result in a variety of **SECONDARY CONDITIONS** such as neck and back pain, headaches, pinched nerves, sciatica, numbness and tingling - just to name a few.

It's Easy to Understand...

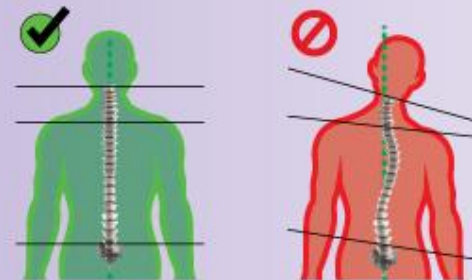
If the foundation of a house **shifts** away from its **normal structural alignment**, the entire structure will become **weak and damaged**. Cracked walls, uneven floors, and windows that do not open properly are secondary signs (symptoms) that **the foundation has shifted**.



If the wheels on a car **shift** away from their **normal alignment**, it will cause excessive **wear and tear** to the tires. The entire structure of the car will suffer from **abnormal stress** which will cause further damage to develop. These are all secondary signs (symptoms) that **the alignment has shifted**.



Structural shifts in the spine may be the cause of many different symptoms. If this **PRIMARY CONDITION** is ignored it will eventually lead to further spinal **damage**, accelerated **wear and tear**, and any number of **SECONDARY CONDITIONS**.



When The Spine Shifts... These Secondary Conditions May Develop

- ▶ Arm Pain 手臂疼痛
- ▶ Bone Spurs 骨刺
- ▶ Carpal Tunnel 腕管綜合症
- ▶ Decreased Motion 关节活动异常
- ▶ Degenerated Joints 关节退化
- ▶ Digestive Disorders 消化系统紊乱
- ▶ Disc Problems 椎间盘突出
- ▶ Dizziness(Vertigo) 头晕
- ▶ Fatigue 疲劳
- ▶ Fibromyalgia 纤维肌痛
- ▶ Headaches 头痛
- ▶ Hip Pain 髋关节痛
- ▶ Knee Pain 膝盖痛
- ▶ Loss of Strength 体能丧失
- ▶ Low Back Pain 腰痛
- ▶ Mid-Back Pain 背痛
- ▶ Migraine Headache 偏头痛
- ▶ Muscle Spasms 肌肉痉挛
- ▶ Muscle Tension 肌肉紧张
- ▶ Muscular Imbalances 肌肉不协调
- ▶ Neck Pain 颈部疼痛
- ▶ Numbness/Tingling 麻痹
- ▶ Pinched Nerve 神经压迫
- ▶ Poor Posture 不良姿势
- ▶ Rotator Cuff Issues 肩袖损伤
- ▶ Shoulder Pain 肩膀疼痛
- ▶ Slipped Disc 腰椎膨出
- ▶ Sinus Conditions 鼻窦炎
- ▶ Spinal Decay 脊椎退化
- ▶ Stiff Neck 脖子僵硬
- ▶ Tendonitis 肌腱炎
- ▶ Thoracic Outlet 胸廓出口綜合症
- ▶ Weakness 虚弱
- ▶ Upper back Pain 上背痛

