



It's September! Where has the time gone? We hope that you have been able to safely get out in the lovely summer weather for a nice walk with the family or even just to enjoy the sun from your own home.

This month is National Arthritis Awareness Month. Arthritis is a chronic condition that affects joints and surrounding tissues. It affects 20% of Canadians and there is no cure. The Arthritis Society has a [symptom checker](#) that can allow you to express if you are experiencing any symptoms and will generate possible indications if you may be developing arthritis. It is still very important to check in with your doctor if you are experiencing symptoms.



Our clinic commonly treats arthritis conditions. Our [physiotherapist](#) and [chiropractor](#) are able to help you with your chronic pain and can develop individualized treatment plans to help you live with less pain. Common types of arthritis that we see in the clinic are; [shoulder arthritis](#), [osteoarthritis](#), and [neck degenerative disease](#). Our [massage therapist](#), [Robyn](#) and our [occupational therapist](#), [Liu](#) are also wonderful options to help you get a well rounded interdisciplinary approach to treating your pain.

We have a variety of modalities such as [cold laser therapy](#) and [ultrasound therapy](#) that can help alleviate pain associated with arthritis. Call today to find out how we can help you or your loved ones. We are here for you and your family to help you all live your best life and achieve your health and wellness goals.



Meet [Dr. Amrita Singh](#)

Amrita is our [chiropractor](#). She is a chiropractic physician as well as a contemporary medical acupuncture provider. Dr. Singh's goal is to restore your range of motion and fix muscular imbalances. Dr. Singh focuses on your condition and applies specific treatments.

Reasons to Seek [Chiropractic Care](#)

Back pain
Neck pain
Headache, Migraines & Vertigo
Whiplash & MVA
Strains and sprains
Repetitive strain injury (RSI)
Work injuries & WSIB
Sports Rehab
Post-operative Rehab
Arthritis
Musculoskeletal conditions & More

Conditions Amrita Treats

[Headaches](#)
[Lumbar Spondylolithesis](#)
[TMJ Disorder](#)
[Migraines](#)
[Vertigo](#)
& [More](#)



Book Now!

Call
905-315-9955

Text
647-559-1935

Email
nopain@physiomaxwellness.ca

Visit
www.physiomaxwellness.ca