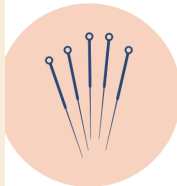


## Know your treatment options!

Did you know that PhysioMax Wellness offers more than eight different [modalities](#) to help you heal from your aches and pains? Check out the main techniques that we use everyday in our clinic below. All of these options are included in the price you pay for your [appointments](#) for no additional costs. The [physiotherapists](#) carefully choose the modalities that they use for your treatment to ensure that they are suitable for your [injury or condition](#).

## WHAT PHYSIOMAX HAS TO OFFER

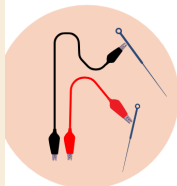
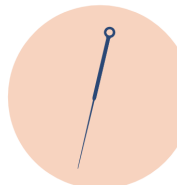


### ACUPUNCTURE

Acupuncture stimulates the central nervous system releasing chemicals into the body's muscles. This in turn, stimulates the body's natural healing abilities and promotes physical recovery.

### DRY NEEDLING

Dry needling uses a long, thin needle that induces "injury" signals to the brain. These initiate the body's process to replace or repair the damaged tissue with new, healthier tissue.



### ELECTRICAL STIMULATION

Electrodes attached to acupuncture needles deliver impulses that make the muscles contract. It can be beneficial for increasing range of motion and improving circulation in the body.

### SPINAL DECOMPRESSION

Spinal decompression gently stretches the spine and muscles surrounding it. This relieves pressure from the spinal discs that cushion between the bones in your spine.



### LASER THERAPY

The body tissues absorb the light given off by the cold laser. The light causes a cellular reaction, and the damaged cells respond with a natural reaction to promote healing.

### CUPPING THERAPY

Cupping pulls an area of skin to decompress muscles and connective tissue. This promotes blood flow, enhances circulation and helps to increase the body's natural healing processes.



### ULTRASOUND THERAPY

Ultrasound therapy heats and relaxes muscles. It also breaks down scar tissue and increases blood flow to the area bringing natural healing agents to your injury.

### INTERFERENTIAL CURRENT THERAPY

The IFC uses strategically placed electrodes on your skin near your injured area. The current relaxes the muscles relieving pain and inflammation. Blood flow to the area increases and speeds the natural healing process.



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Have you tried any these treatment options? We would love to hear more about your experience with PhysioMax Wellness. If you know anyone that could benefit from [physiotherapy](#), [chiropractic](#), [massage therapy](#) or [personal training](#) and [kinesiology](#) sessions. We are always here to help anyone heal from their injuries and get back to their pain free lifestyles.

Book Now