Services

Spinal Manipulation

SPINAL MANIPULATION at Hillcrest Physiotherapy in Abbotsford

â’ Sometimes things just don’t line up right. You might even describe it as your back or neck “is out.” If this is the case for your condition, your physiotherapist may recommend spinal manipulation as part of your recovery and preventative treatment.

Your physiotherapist is highly trained in many different techniques for spinal manipulation. Three most commonly used techniques include:

- Sudden, controlled force on a joint. This often causes the (harmless) “popping” or “cracking” sound.
- Less sudden movements to stretch and gently manipulate muscles, joints, and ligaments.

Spinal manipulation is used as part of the treatment for:

- Headaches
- Back pain
- Shoulder pain
- Chronic migraines
- Chronic pain
- Back pain
- Neck pain

Spinal manipulation’s benefits also include:

- Greater range of motion with increased flexibility.
- Reduced pain without pharmaceuticals.
- A non-invasive treatment that many times helps patients avoid surgery.

The physiotherapists at Hillcrest Physiotherapy in Abbotsford are qualified to perform spinal manipulations. They start by assessing your condition and only then determine if spinal manipulation would benefit you. If so, they will explain the procedure before they begin.

Does Spinal Manipulation Hurt?

There is little to no pain in spinal manipulation adjustments. You may feel or hear pops and cracks, but you shouldn’t feel any intense pain. Any pain is generally associated with your condition itself, so if you aren’t in pain beforehand, you won’t likely have any discomfort afterward. Sometimes you may find some mild soreness or minor aches after spinal manipulation as your muscles readjust to the new position of your spine.

Contact Hillcrest Physiotherapy in Abbotsford

Contact us today to schedule an appointment with a highly trained physiotherapist at Hillcrest Physiotherapy in Abbotsford. They will carefully assess your condition and discuss your medical history to determine whether or not spinal manipulation will be a helpful addition to your physiotherapy treatment plan.

Make an Appointment
Request an Appointment
Close x
Sending...
Your message was successfully sent. Thank you for your time.
Date and time
First name*
Email*
Phone*
*phone must be 10 digits
Service*
We will call you soon to discuss availability.