



Chiropractic Care & Longevity Center

Dr. Kathy Wickens B.Sc (HON), D.C.

Phone: (613) 264-0616

The Benefits of Chiropractic Rehab Therapy!

Our rehab therapist may help you work past your pain and educate you on how to prevent any further injuries.

Working with a rehab therapist may also help you lose weight, build strength and increase your overall health.

Feel Better, Function Higher.

5 Gore Street W. Perth ON

chirocare.perth@gmail.com

www.chirolongevity.com

What types of programs are there? Rehab therapy provides, but is not limited to:

- **Neck: Postural Assessment & Correction**
- **Shoulder: Stabilization & Mobility Training**
- **Elbow: Stretching Techniques & Strengthening**
- **Lower Back: Core Strengthening & Education on proper lifting form**
- **Knee: Stabilization, Mobility & Strengthening**

**Do you want to function at your best and
maximize your quality of life by getting back to
the activities you love?**

Rehabilitate with Rehab Therapy!

**Ask your Doctor of Chiropractic how
Rehab Therapy may help you!**