



LEAPS & BOUNDS
PERFORMANCE REHABILITATION

HELP US HELP OUR COMMUNITY

This month we will be raising money for Strides For Melanoma! In May, we will be walking in honour of our friend and classmate Nadia, who passed away with Melanoma. We will donate \$10 for every Google review we receive!

**STRIDES FOR
MELANOMA**
Taking Steps to Stop Skin Cancer



We donated \$550 to local charities based on reviews last year alone. So, if you are a long-time client of ours and have received exceptional service with a great outcome, please consider leaving us a review.

[CLICK HERE TO DO GOOD
& LEAVE US A REVIEW!](#)

GET IN TOUCH

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NEWSLETTER



EXPLORING THE **MANY BENEFITS** OF CHIROPRACTIC CARE

[CLICK HERE TO START HEALING TODAY](#)

Why We Want to Highlight Leaps & Bounds's Fabulous Chiropractor!

What do you think of when you hear the word "chiropractor"? If your first thought was something about back pain or cracking spines, you aren't exactly wrong, but you may also be missing the full picture! Chiropractic care offers a wealth of benefits, some of which may surprise you.

At Leaps & Bounds, our chiropractor, Dr. Roslyn Eng, offers non-invasive, drug-free solutions for various issues, including injuries, arthritis, certain types of headaches—and, yes, neck and back pain. She focuses specifically on issues related to your spine and soft tissue (your muscles, nerves, ligaments, and tendons).

Today, we want to explore five reasons you might consider working with our compassionate, dedicated chiropractor. Ready to get started? Call to schedule your appointment today!

PERFORM BETTER • RECOVER FASTER • STAY IN THE GAME

5 REASONS TO CHOOSE CHIROPRACTIC CARE

1. We Offer Unique Solutions to Neck and Back Pain

Because chiropractors emphasize the spine, they're often the first choice for managing or resolving neck and back pain. And for good reason! Dr. Eng will use her in-depth knowledge of the spine to identify the underlying cause of your discomfort so we can address the problem at its source. Most people are familiar with spinal adjustments, a common chiropractic technique that involves sharply thrusting the spine through its current range of motion to reduce and improve mobility. However, Dr. Eng also pulls from additional treatments, including soft tissue manipulation, acupuncture, and corrective exercises. She'll find the right blend of treatments for your needs.

2. We Can Address (or Help Prevent) Dance Injuries

Chiropractic care is a good choice for managing common sports injuries, such as sprains and strains. While Dr. Eng works with athletes of all types, she has a particular passion for working with dancers. Her own dance experience has given her insight into their unique musculoskeletal needs, and she has extensive experience working with dancers to address and prevent injuries. If you're rehabilitating after an injury, Dr. Eng can help with pain management and show you targeted exercises to strengthen weak areas. She can also help prevent injuries by evaluating your posture and spinal alignment in different dance positions and offering corrections from the perspective of both a chiropractor and a trained dancer.

3. We Can Help You Age Healthfully

Healthy aging is a multifaceted process that comprises several different components. Chiropractic care can play an essential role in helping you age healthfully. For example, chiropractic care is effective at managing joint pain, including pain from arthritis—one of the most common reasons why older people struggle to get active. Dr. Eng can also help improve spinal health, which can help reduce balance issues and fall risk. She can also show you strength-training exercises to build muscle mass, another essential factor in healthy aging.

4. We Can Help You Manage Headache Pain

Headaches can stem from all sorts of causes, and while chiropractic care can't help with all types of headaches, it can help with a common type: cervicogenic headaches. These headaches develop due to tension in the neck and shoulders, which causes referred pain in the head. Soft tissue manipulation, joint mobilizations, and targeted neck exercises

can help manage cervicogenic headaches. Dr. Eng can also help manage other types of headaches by working with you to identify headache triggers and suggest lifestyle modifications to reduce the likelihood of developing a headache in the first place.

5. We Can Help You Relax and Destress

Finally, because we also understand the importance of mental well-being, we want to acknowledge that chiropractic care can help with stress management, too. If you struggle with chronic pain, the relief that chiropractic provides can be immensely helpful in lowering stress levels. However, many techniques Dr. Eng utilizes, such as spinal adjustments and soft tissue manipulation, can aid in relaxation alongside other therapeutic benefits.

EXPLORE THE BENEFITS OF CHIROPRACTIC CARE FOR YOURSELF!

CLICK HERE TO START HEALING TODAY

Chiropractic care at Leaps & Bounds can help with a wide range of concerns and conditions. If you'd like to meet Dr. Eng and learn more about what her training and experience can do for you, call us today to schedule an appointment!

Sources: <https://chiropractic.ca/what-is-chiropractic-care/> • <https://onlinelibrary.wiley.com/doi/abs/10.1002/ejp.1632>



PATIENT SUCCESS STORY

"I had an assessment of my neck pain today and Dr. Roslyn did a very thorough review of what exactly I have been experiencing and she walked me through all of the possible causes and several treatment options. She gave me the choice of how to approach the treatment which I really appreciated very much. We will work together to resolve the issue but I am extremely confident in her ability and knowledge and like her multifaceted approach to treatment. Also her patience. As an engineer I appreciate the thoroughness and patience taking the time to really listen well and assess the injury. Thank you! I believe other patients of Dr. Roslyn will also have a wonderful experience!"

— Anthony M.

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5 REASONS TO DIVE INTO SPRING CLEANING

Have you been putting off spring cleaning? If so, you certainly aren't alone. With your hectic schedule, it can be easy to overlook this essential activity.

HERE ARE 5 GOOD REASONS TO MAKE TIME FOR SPRING CLEANING THIS SEASON.

1. A clean home is better for your immune system

Mold, dust, and pet dander can accumulate in your home during the colder months when there is less opportunity for air circulation. A deep dive into spring cleaning helps to air out your home, preventing respiratory issues.

2. It's an easy way to get active

Cleaning can be a real workout! From sweeping the floors to scrubbing tile to moving around furniture, spring cleaning can help you get active. Exercise has numerous benefits, including stress reduction and better heart health.

3. It lessens the possibility of injury

A cluttered home puts you, your children, or an elderly family member at risk of injury. Clearing out high-traffic areas and walkways can help to prevent falls, which can be especially dangerous for older individuals.

4. It improves concentration and mood

Studies show that a clean home positively affects your daily mood and ability to focus/complete tasks. Now that so many of us work from home, this has never been more important!

5. You can donate unused items to others

Part of cleaning is going through old and unused items to see what can find a new home. Not only is donating to charity emotionally rewarding, it helps free up space in your home and can encourage you to become more organized.

With so many benefits to spring cleaning, what are you waiting for? Get started today!

