



active therapy+ 2.0

Chiropractic

Chiropractors are musculoskeletal experts that diagnose, treat, and provide preventive tools to patients. While we often treat the neck and low back, we can also manage headaches or injuries of the upper and lower limb. We utilize manual therapy techniques such as soft tissue therapy, adjustments, acupuncture, education, and exercise.

Athletic Therapy

Athletic Therapy involves injury assessment and rehabilitation using soft-tissue mobilization aimed at removing scar tissue from the muscles, ligaments, and tendons. Athletic therapy is effective at treating the musculoskeletal (muscles, bones, and joints) injuries of all patients, whether on the field or in the clinic.

Sport Focused Massage Therapy

Massage therapy uses hands-on therapy of the soft tissues of the body. It aims to prevent dysfunction and pain of soft tissues to develop, maintain, augment physical function, or relieve pain. Sports massage focuses on areas of the body that are affected by the physical demands of training or competing.

Fascial Stretch Therapy (FST)

FST is a manual therapy method which focuses on connective tissue. FST is initiated with a passive and active assessment of mobility followed by manual treatment in the involved regions within the connective tissue system. Therapy is initiated at the deepest level and progresses through all layers of fascia leading to the superficial layer.



Scan to book for chiropractic,
athletic therapy or FST



Scan to book for
sports massage
therapy