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WAYS CHIROPRACTORS HELP WITH **POSTURE,** **ALIGNMENT, ACHES & PAINS**

Upper Back

Sharp pain, discomfort, stiffness or numbness in the upper back can affect normal activities.

Lower Back

Our most common condition, chiropractors are experts in low back pain.

Hip

Suffering with hip pain? Pro Chiro can help to reduce inflammation and relieve pain

Head & Neck

Suffering with tension headaches, migraines or neck pain? We can help.

Wrist & Elbow

Recover from tennis or golfers elbow by restoring correct motion in back and neck joints.

Knee

We can correct underlying muscular imbalances to relieve pain in the knees.

Ankle & Foot

We will manipulate and mobilise stiff joints in the foot and ankle... return to living your normal life.