



Mount Royal Village  
FamilyChiropractic

"Healthier People Today for a Better World Tomorrow"

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## Patient of the Week

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*Pam B*

### "Restored Mobility!"

I have always been an active individual. Over my past 53 years I noticed that each of my favourite physical activities was getting more difficult because of reduced range of motion and that my multiple aches and pains were getting harder to ignore. I knew it was time to seek sustained professional help beyond the crises motivated visits I'd previously had at various physiotherapy clinics.

Dr. Pat started with aligning my spine. Eventually I reduced the amount of time I spent using my custom orthotics and was able to wear a variety of footwear again. Treatment has progressed into active release massage which has made a huge difference in my shoulder mobility and the reduction of pain in my neck and shoulder area. Reduced pain means increased mobility. Increased mobility means I can continue my physical activities.

I am very happy that I have made this investment in my health.

Thanks Dr. Pat!

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*The patients who get the best results, are the ones that follow through with their recommendations!*

*Want to be our next patient of the week? Follow through with your care, and tell your family and friends about the importance of chiropractic care for whole body wellness!*

*It's that easy!*