

Chiropractic and the Child Athlete:

Maximizing their Skills and their Health!

Chiropractic is an essential part of balancing a growing body, especially children that participate in athletics and skill specific sports!



CHIROPRACTIC HELPS ATHLETES WITH OVERALL PERFORMANCE AND:

- Enhances coordination and balance
- Improves flexibility and range of motion
- Increases endurance and physical strength
- Aids in deep breathing and circulation
- Reduces likelihood of injuries and helps in recovering from painful symptoms (including concussive symptoms)

The sooner the child athlete is assessed by a chiropractor following an injury, the less likely they are to have lifelong patterns of ill health. Many parents choose preventative wellness care for their child(ren) with a Family Chiropractor they know and trust who can advise them on many aspects of living a healthy lifestyle!



Drs. Chad & Megan Mykietiuk

Drs. Chad and Megan Mykietiuk own a family wellness clinic where they are passionate about helping families achieve greater health by identifying true causes of illness and using appropriate holistic approaches to facilitate their healing. Their belief is that all children and families can attain a happy quality of life and well being when given the opportunity through chiropractic, supportive education and appropriate lifestyle changes. They raise their own young children with principles of attachment parenting and see the difference a well balanced nervous system makes in the expression of health in a child.



Dr. Karen Smith

Dr. Karen Smith is a family wellness chiropractor with a practice that consists mainly of pre/postnatal and pediatric patients, and their families. Both professionally, and personally with her two young daughters, she has experienced first hand the benefits of chiropractic care for both mom and baby during the pre/postnatal period and passionately helps others from pre-conception and beyond through her holistic, integrated approach and gentle touch. A proud native Haligonian, Dr. Karen loves helping families in the community achieve wellness and the health they crave.



Dr. Sara O'Flaherty

Dr. Sara O'Flaherty is a family wellness chiropractor at ChiroCare in Bedford, a practice she shares with her husband. Dr. Sara's true passion is to work with families and help them achieve wellness. She enjoys pediatric and prenatal chiropractic care and she prides herself in being able to meet her patient's needs with her gentle, safe and relaxed approach to their care. Dr. Sara also focuses on holistic dietary treatment and lifestyle modifications as she strives to empower her patients to take charge of their health!



Dr. Jessica Pelletier

Dr. Jessica Pelletier is a bilingual family chiropractor and health leader in her community of Fall River. Recently, she opened her new and modern health clinic, Adjust to Wellness Family Chiropractic. Dr. Jessica feels it is important for you and your family to achieve healthiness together, for that reason she has designed her practice around your entire family's needs. She welcomes you to her family-friendly, comfortable healing centre for babies, children, pregnant women and adults.



Upper Tantallon, NS
902.835.5033
villagewellness.com



Halifax, NS
902.443.5669
claytonparkchiro.ca



Bedford, NS
902.407.3400
chirocarehealth.ca



Adjust to Wellness
FAMILY CHIROPRACTIC

Fall River, NS
902.861.1500
adjusttowellness.ca