



# The Spinal Column

## How Chiropractic Can Help You!

By Dr. Jonathan Eto, B.Sc., B.Ed., C.Ped., D.C.

### What are chiropractors?

Chiropractors assess disorders related to the spine, nervous system, and joints of the extremities (arms & legs), and provide diagnosis, treatment and prevention of those disorders. Chiropractors are primary-contact health care practitioners, and you do not require a referral from a medical doctor to see us. Approximately four million Canadians (15%) visit a chiropractor annually. Chiropractors are one of five regulated health care professions (medical doctor, dentists, psychologists, optometrists) that have the legislative right and obligation to communicate a diagnosis and to use the title doctor. All chiropractors have a minimum education of seven years university level.

### What about the spine?

Chiropractic is a safe, drug-free, non-invasive type of health care that focuses mainly on the correction and maintenance of a spine and its joints. Dysfunction to the spinal column, commonly referred to as subluxations, may result from acute trauma, poor ergonomics, birthing, or other chronic mental and physical stressors. Such dysfunction can lead to varying neuro-musculo-skeletal conditions causing a reaction in surrounding tissues (ligaments, muscles and nerves) resulting in pain, dysfunction and muscular spasm.

### What is a chiropractic adjustment?

The chiropractor's goal is to relieve such subluxation/spinal dysfunction primarily by administering chiropractic adjustments or manipulation to the specific joints of the spine to improve its function and range of motion. These adjustments utilize greatly-refined skills of high-velocity but low-force movements to the spine. Such treatment very rarely causes discomfort and patients often note positive changes in their symptoms immediately afterwards.

### Do chiropractors perform any other types of treatment?

Chiropractors are also trained to prescribe therapeutic

strengthening and stretching programs and other non-invasive therapies including dietary counseling. We may use modalities commonly associated with physiotherapy such as interferential current (IFC), TENS and ultrasound machines to offer additional forms of care. Qualified chiropractors may integrate acupuncture and active release treatment for soft tissue injuries. Chiropractors also dispense several health related products such as orthotics, athletic/repetitive strain braces, compression stockings, pillows etc.

### Is chiropractic safe?

Patient care and safety is paramount in our profession. Nonetheless, we recognize that there are some risks associated with most health-care intervention and we inform our patients of this fact and obtain consent before each individual treatment plan is assessed and proposed. In the course of reviewing our patients' complaints, family history, and performing a thorough chiropractic examination (neurologic and orthopaedic exams etc.), proper x-rays and referrals to other health care professionals may be requested or suggested to ensure an accurate diagnosis and safety.

Chiropractic has one of the lowest rates of liability claims of any health profession. The risk of suffering a stroke resulting from cervical (neck) manipulation is small. Current published reports state between one or two out of one million treatments to only 1 in 5.8 million treatments with the risk of serious consequences being even less likely. In fact, strokes may occur from normal everyday activities such as cradling a phone between your ear and shoulder, having one's hair washed at a beauty parlour, or even painting a ceiling.

### What do we offer at our Clinic?

At in GoodHands Wellness & Rehabilitation in Brampton, we offer treatments for varying conditions from head to toe - headaches to plantar fasciitis. Some other common conditions not yet mentioned include sprains & strains, carpal tunnel syndrome, sciatica, rotator cuff, rib-outs, knee and low back pain. We also cast for custom-made orthotics, and dispense cervical pillows, compression stockings, athletic & prophylactic braces and TENS machines. In addition to treating wellness patients we provide treatment for chronic and acute injuries received in Motor Vehicle Accidents and at the Workplace (WSIB). Our clinic also

provides a comprehensive approach to your health, equipped with several modalities for physio, naturopathic

medicine, acupuncture, reflexology and registered massage therapists.

### About the Author:



Dr. Eto graduated from York University with a degree in biology. He then completed teacher's college at Brock University before earning his Doctor of Chiropractic from the Canadian Memorial Chiropractic College in 2000. To add a focus on Orthotic and foot care, he continued his education in 2007 to become a Pedorthist while studying with the Robert M. Palmer M.D. Institute of Biomechanics. He is also bilingual in English and French.

An active person in the community, Dr. Eto is the Official Team Chiropractor for the Brampton Battalion (OHL) and has worked for several years with women's amateur hockey (PWHL). He also holds a Black Belt in Judo, and has competed internationally while training with Kidokan Judo Club at the Brampton YMCA. His greatest achievement was to be ranked second in Canada.

Athletic injuries have been a focus of Dr. Eto's as he has worked with several athletes and sports teams from amateur to professional levels. Dr. Eto also enjoys supply teaching on his days off, keeping in touch with youth and volunteering his services with their extracurricular programs. Other special interests are in Photography, Music (former disc jockey), Swimming (retired lifeguard) and playing Hockey and Baseball.

### Main and Franchise Clinics:



#### In GoodHands Rehabilitation & Wellness Centre

Bramalea City Centre – Inside GoodLife Fitness  
Unit 50A - 25 Peel Centre Drive, Brampton, ON L6T 3R5  
**Phone:** (905) 453-5858      **Fax:** (905) 453-8995  
**Email:** info@ingoodhandswellness.com

#### Services:

- Acupuncture
- Chiropractic Care
- Massage Therapy
- Naturopathic Medicine
- Orthotics
- Physiotherapy

#### Products:

- Athletic Braces & Splints
- Compression Stockings
- Memory Foam Pillows
- Custom Made Orthotics
- Health Supplements

#### Clinic Hours:

Mon. and Wed.: 9:30 am - 8:30 pm  
Tues. and Thurs.: 10:00 am - 9:00 pm  
Fri.: 9:30 am - 7:00 pm  
Sat.: 9:30 am - 2:30 pm  
Sun.: Closed

#### In GreatHands Chiropractic & Wellness Centre

Inside Oshawa Centre Mall  
C/O Goodlife, 419 King Street West, Oshawa, ON L1J 2K5  
**Phone:** (905) 433-9520      **Fax:** (905) 433-8144  
**Email:** oshawa@ingreathands.com

#### Services:

- Chiropractic Care
- Dry Blood Analysis
- Hair Analysis
- Irridology
- Massage Therapy
- Nutritional Urinalysis
- Orthotics
- Psychology
- Reflexology
- Rehabilitation
- X-Rays

#### Products:

- Custom Made Orthotics
- Health Supplements

#### Clinic Hours:

Mon. - Thurs.: 9:00 am - 7:30 pm  
Fri.: 9:00 am - 7:00 pm  
Sat.: 9:00 am - 5:00 pm  
Sun.: Closed