

We will provide you with the tools to regain and maintain your health.

Chiropractic care is a part of our team approach

Buffalo Spine and Sports Medicine's chiropractic care **services are on-site**, so there's no need to make an appointment with another provider. We're all working together to help you recover quickly.



We work together so that you can get back to your active lifestyle!

Chiropractic Services

Williamsville Office

100 College Parkway, Suite 100
Williamsville, New York 14221

Orchard Park Office

200 Sterling Drive, Suite 200
Orchard Park, New York 14127

Lockport Office

6000 Brockton Drive, Suite 109
Lockport, New York 14094

Batavia Office

39 Batavia City Centre
Batavia, New York 14020

Buffalo Spine and Sports Medicine, P.C., is one of the largest and **most established** physical medicine and rehabilitation practices in Western New York. We provide non-surgical **rehabilitation and therapy** for acute injuries as well as chronic conditions, offering a unique **holistic model** of care and with a strong focus on **patients' functions**.

Buffalo Spine and Sports Medicine enables you to **"take back your lifestyle"** with various services such as Physical Therapy, Therapeutic Yoga, Mental Health and Wellness, and EnduraSports.



**BUFFALO SPINE AND
SPORTS MEDICINE**

www.buffspine.com

716.626.0093

CHIROPRACTIC CARE

Take back your lifestyle.



Chiropractic Care
Powered by Buffalo Spine and Sports

Williamsville • Orchard Park
Lockport • Batavia

We address joint and muscle dysfunction and imbalances thorough a comprehensive assessment of the quality of movement. The ultimate goal is restoring function, reducing pain and increasing the tolerance for activity.

What is chiropractic health care?

Your spine is literally the backbone of your health, supporting your entire nervous system. That's why a spinal problem can have far-reaching effects, including back pain, neck pain, pain in your arms or legs, and headaches. **Chiropractic care restores and maintains health** through the gentle manipulation of joints, muscles and spine.

What will it do?

Chiropractic manipulations can **restore joint mobility** by manually applying a controlled force into the joints. The adjustments help relieve pain – and can help improve your movement, posture and flexibility, enhance athletic performance, and prevent further injury.



Dysfunction hurts. We know. Once we start to restore your function, the pain starts to go away.



Are chiropractic treatments painful?

Chiropractic treatments may cause some discomfort. You may experience mild soreness or aching following treatment – as you might with some forms of exercise. This discomfort usually resolves within 12 to 48 hours.

After a chiropractic treatment, **you'll feel better**, and your body will be better able to heal itself. And this contributes to your **overall wellness!**



What to expect

Chiropractic care involves a series of visits:

- ▶ Your first visit includes an **assessment of your condition** which determines the limit of your dysfunction, and any other needs or concerns you might have. From there, we'll determine a treatment schedule.
- ▶ As your condition improves, you'll have less-frequent sessions, which will **restore, heal, and prevent symptoms** from recurring. Soreness or flare-ups may occur and are a normal part of the healing process.
- ▶ Once you're healed and feeling better, **routine chiropractic care will help** to ensure your continued health.

Chiropractic was an important part of my athletic training. It helped keep my body in line... It also helped facilitate recovery and prevent injury.

- Marnie McBean, World Champion and Olympic Gold Medalist, rowing