

We offer a head to toe approach and provide a wide range of services that work together to help you on your path to wellness.



We see you as a person, not a condition, and we honour your individual health goals.

- Active Release
- Biomechanical Exams
- Chiropractic
- Computerized Gait Analysis (Casting Available)
- Cranial Adjusting
- Custom Orthotics
- Massage Therapy
- Naturopathic Care
- Nutritional Counselling
- Orthopedic Devices
- Spinal Health Education
- Sports-related Injuries & Therapy
- Stretching & Strengthening Programs



240 Catherine Street, Suite 100
Ottawa, ON K2P 2G8

T 613.237.3306 | F 613.237.3100
www.back2health4you.com

 Back to Health Wellness Centre  @back2health4you



Achieve Your Optimal Health

A head to toe holistic approach.



At Back to Health, we believe that in order to reach your health goals, you must begin with the right tools.

ACTIVE RELEASE TECHNIQUE (ART™)

Active Release Technique (ART) is a state of the art, soft tissue treatment technique designed to treat problems involving muscles, tendons, ligaments, fascia, and nerves. The goal of ART is to reduce dense scar tissue, adhesions, and knots, which can build up over time and cause a number of potential long term problems in affected areas, and to restore smooth movement without pain. Treatment can provide relief for, and resolve conditions causing: pain, soft-tissue inflammatory disorders, repetitive strain injuries, common ailments affecting athletes, office workers, and arthritis sufferers, nerve related issues, and individuals who have experienced trauma of any sort. Sessions are a combination of examination and treatment as the provider uses their skills and hands to evaluate a number of issues, including texture, tightness, and movement. Using specific movements and precise tension, issues are treated over a series of appointments.

Many of Back to Health's health care team are certified in the Active Release Technique.

INTERFERENTIAL CURRENT THERAPY

Interferential current therapy is a treatment used to relieve pain, decrease inflammation, decrease muscle knots or spasms, and aid in restoring motion. The discomfort of a frozen shoulder or pinched nerves can be altered by this therapy, stimulating circulation and promoting soft-tissue healing.

This therapy has a number of therapeutic physiological effects in addition to treating the affect area.

MASSAGE THERAPY

Massage therapy assesses the body's soft tissue and joints to treat and prevent physical dysfunction and pain. This treatment can enhance, maintain, and rehabilitate physical function for athletes, weekend warriors, those suffering from pain/stiffness, and anyone interested in maintaining overall health. By treating problem-specific areas, as well as the whole body, the circulatory, lymphatic, muscular, and nerve systems are normalized by boosting circulation. Massage therapy improves healing and recovery to damaged tissues. The massage therapists at Back to Health treat many different conditions, and are trained in numerous specialized techniques to aid in restoring overall health.

ACUPUNCTURE

Acupuncture helps improve numerous conditions, including reducing swelling due to injuries and sprains, improving the immune system, and aiding in nerve function, arthritic conditions, pinched nerves, sciatica, headaches, and migraines. Acupuncture is safe and effective, encourages natural healing, and helps improve affected areas.

Treatment also aids in improving mood and energy, which is one reason why many patients choose it as part of their ongoing health plan. This thoroughly researched procedure is minimally invasive and performed in our clinic by properly trained practitioners.

NATUROPATHIC MEDICINE

A naturopath uses thorough physical exams and lab work to assess, diagnose, and treat sudden and long term illnesses. Assessing the root cause of illness in a holistic, supportive manner leads to a lessening or resolution of symptoms while implementing preventative measures. Naturopathic doctors use a variety of methods to treat ailments, including: acne, sleep issues, weight loss, digestive problems, fatigue, and many more. At Back to Health, we encourage our patients who have concerns with any illness to consult with our naturopath as a way of improving, supporting, and maintaining, overall health.

At Back to Health, we encourage our patients who have concerns with any illness to consult with our naturopath as a way of improving, supporting, and maintaining, overall health.

FOOT SCAN OR GAIT ANALYSIS

Athletes, retail associates, and emergency personnel aren't the only ones who spend a lot of time on their feet. Whether it's standing to make dinner, walking through the mall, or shovelling the driveway, our feet are our foundation and need care and attention.

Examining the biomechanics of feet is exceptionally important as they can affect how the rest of the body functions. The experts at Back to Health use a system that measures weight distribution at contact points along the bottom of the foot to analyze the way a person walks. This analysis identifies potential problems with the rest of the body, including the hips, knees, back, and feet, and allows treatment to be identified by the Back to Health team.

KINESIOLOGY

A kinesiologist is an integral part of the health care team who aids in assessing the body as a fully connected chain and provides a thorough analysis of ongoing and potential biomechanical problems. The expertise of the kinesiologist gives an in-depth perspective of the body as a whole, from joint functionality to muscle and soft tissue issues.

Our expert kinesiologist participates in the process, beginning with being a part of the biomechanical exam in our clinic, and continues with reviews of stretching and strengthening programs, patient education, and gait analysis. Biomechanical examinations are provided and are ideal for anyone interested in preventing future health problems, athletes, and those with chronic pain.

STRETCHING & STRENGTHENING

The team at Back to Health offer custom stretching and strengthening exercises, which enables the conditions and injuries to heal faster. It is important to initiate each stretch or strengthening exercise at the correct treatment phase or more damage could ensue, thereby slowing recovery.

At Back to Health, we have programs in place allowing identification of specific programs to achieve optimal healing. These individualized programs are updated throughout the treatment process to maximize healing and overall health.

CRANIAL ADJUSTING TURNER STYLE (C.A.T.S)

Cranial Adjusting Turner Style (C.A.T.S) is scientifically and neurologically designed to address cranial misalignments. These misalignments can interfere with nerve, cerebral spinal fluid, and blood supply to the brain. This, in turn, can exert extra pressure on the brain, interfering with the brain's nutrient and oxygen supply, causing pain and altered functions.

Dr. Barbara Rodwin is able to use the CATS technique to detect and correct any cranial misalignments, including concussions, head trauma, post-concussive syndrome, headaches, migraines, sinus issues, and many more problems resulting from misalignments.

For anyone suffering from any of these issues, or for anyone concerned they may be suffering from cranial misalignments, Dr. Rodwin can assess and provide treatment in order to remedy discomfort.

CHIROPRACTIC

Chiropractic is a complementary health care profession concerned with the diagnosis, treatment, and prevention of neuromusculoskeletal system conditions, and the effects of these disorders on general health. In providing an emphasis on manual therapy, including joint adjustment and manipulation, chiropractors keep patients healthy overall.

The chiropractors at Back to Health are more than just neck and back doctors though. They conduct full body exams to determine where imbalances exist and, when necessary, are able to treat all joints to aid in resolving conditions. Chiropractic care isn't just for back pain; it's for treating any joint that is not functioning or moving properly.

ORTHOTICS

Orthotics are custom-made insoles that fit into footwear, and are specifically designed to support and improve the function of the feet. Orthotics also help re-establish normal biomechanics of the feet, ankles, knees, hips, and spine. Orthotics are commonly prescribed for chronic foot and back problems, to enhance performance during sports, and are beneficial in the prevention and stabilization of arthritis in the lower back, hips, knees and feet. For anyone suffering lower body pain, orthotics are an option to be seriously considered. They are covered by most extended health care plans.

For more than 20 years, our clinic has been offering expertise in orthotic design and footwear recommendations for everyday use, formal wear, and sports. A well-crafted orthotic can provide relief from pain, and correct future issues before they arise.

