

The background of the entire page is a photograph showing the silhouettes of a man and a woman running on a grassy hill. They are running from left to right towards a bright sunset or sunrise, with mountains visible in the background. The lighting is warm and golden.

Patient Resources For Integrated & Holistic Health Topics

In the bottom right corner, there are several parallel, white, geometric lines that form a series of nested, right-angled shapes, resembling a stylized staircase or a modern architectural element.



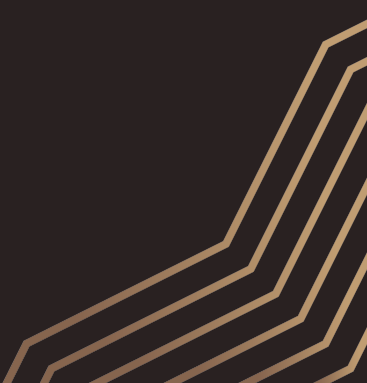
How an Integrated Care Team Supports Your Recovery

Recovering from injury or managing chronic conditions often requires more than one approach. An integrated care team brings together multiple disciplines—chiropractors, physiotherapists, acupuncturists, massage therapists, and more—working together for your optimal healing.

Benefits of Collaborative Care:

- 🕒 **Holistic Assessment:** You're treated as a whole person, not just a body part or symptom.
- 🕒 **Streamlined Communication:** Your providers share notes, goals, and progress to ensure cohesive care.
- 🕒 **Customized Treatment Plans:** You may receive spinal adjustments, manual therapy, exercise rehab, and acupuncture—all tailored to your needs.
- 🕒 **Faster Recovery:** Each modality addresses different layers of dysfunction—structure, mobility, circulation, and nervous system.

Whether you're healing from a sports injury, dealing with chronic back pain, or managing stress, integrated care delivers more complete, lasting results.





Managing Chronic Pain: A Multidisciplinary Approach

Chronic pain is complex. It doesn't just affect your body, it impacts your mood, sleep, energy, and lifestyle.

A multidisciplinary approach is often the most effective way to manage and reduce chronic pain.

How Each Modality Helps:


- ✦ Chiropractic: Restores joint alignment and nerve function.
- ✦ Physiotherapy: Builds strength and improves biomechanics.
- ✦ Massage Therapy: Relieves muscle tension and stress.
- ✦ Acupuncture: Modulates pain signals and promotes healing.
- ✦ Dry Needling: Releases trigger points and improves mobility.


Together, these therapies can reduce reliance on medication, improve your quality of life, and help you return to activities you love.

Improving Your Posture: Tips from Chiropractic, Physio, and Massage

Good posture isn't just about appearance, it's essential for preventing pain, fatigue, and injury.

How Each Discipline Supports Posture:

- ✦ Chiropractors assess spinal alignment and correct imbalances with adjustments.
- 

- 
- ✦ Physiotherapists prescribe targeted exercises to strengthen your core and improve body mechanics.
 - ✦ Massage therapists release tight muscles that pull your posture out of alignment (like in the neck, shoulders, or hips).

You'll also get practical guidance, like ergonomic workspace tips, movement breaks, and proper lifting technique to support your posture throughout daily life.

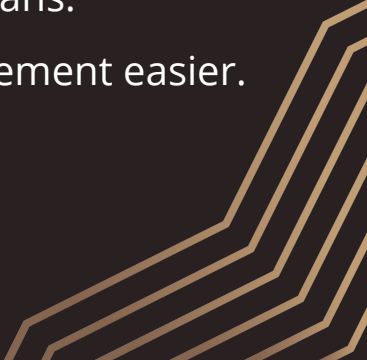
The Role of Movement in Healing: When to Rest vs. When to Move

Knowing when to rest and when to move is key during recovery. Too much rest can lead to stiffness, muscle loss, and prolonged healing. On the other hand, pushing too hard too soon can delay recovery.

What Movement Does:

- ✔ Improves circulation and nutrient delivery to tissues
- ✔ Reduces inflammation and joint stiffness
- ✔ Rebuilds strength and coordination
- ✔ Helps the brain “relearn” pain-free movement patterns

How We Help:

- ✔ Physiotherapists create safe, progressive exercise plans.
 - ✔ Chiropractors restore motion to joints to make movement easier.
- 

- ✦ Massage and dry needling reduce soft tissue restrictions that limit mobility.
- ✦ Acupuncture can ease pain and support nervous system regulation during early recovery.

Your integrated care team will guide you with the right dose of rest and the right type of movement, so you don't just heal, you thrive.



Get in Touch

Address: 102C, 8805 Resources Road,
Grande Prairie, AB T8V 3A6

Phone: 780-539-1261

Email: info@hillstar.ca