



How do you feel?

Whether you work in an office or you're a professional athlete, many of us put our bodies under enormous stress, almost every day. Through a holistic approach, we help with pain and symptoms as well as looking after your overall wellbeing.

The Back In Line Philosophy

The best results come from a gentle, personal approach, combined with chiropractic care that is second to none. Dr. Roy Smith is proof of this. As a member of the Chiropractors' Association of Australia and an executive of the Victorian branch, he ensures his team is up to date with the latest in family health care and sports management.

At Back In Line, you can trust that we have your best interests in mind. We have an extensive referral network of experts in their field that we may use to help you achieve the best possible results.



BACK IN LINE. REGISTERED CHIROPRACTORS AND MEMBERS OF THE CHIROPRACTORS' ASSOCIATION OF AUSTRALIA.

Backinline.com.au

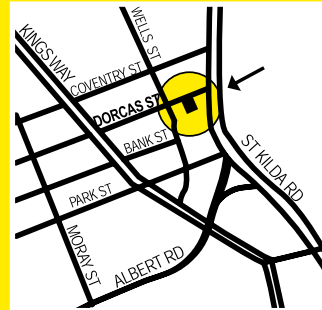
For more information about Back In Line and how we can help you, simply log on to our website. You'll find useful lifestyle tips and exercises along with a handy monthly newsletter, which we can email, free. You can even book an appointment online. Just visit www.backinline.com.au

Appointments

Call **9696 8822**
Email info@backinline.com.au

Location

25 Dorcas St,
South Melbourne, 3205
Melways, 57 J1



Opening Hours

Weekdays, 7am - 6:30pm
Lunchtime appointments available



www.backinline.com.au

Back In Line



Peak health. Peak performance.



Every body deserves the best

The Back In Line team use the latest chiropractic techniques to help restore joint, nerve and muscle function, which assists in improving your overall wellbeing. Through a comprehensive assessment, exceptional care and advice for both children and adults alike, we aim to keep your health and body in peak condition.



Chiropractic care may help anything from :

- Posture & flexibility
- Increasing energy
- Improving sleep
- Reducing stress
- Strengthening immunity
- Pregnancy
- Accidents & work injuries
- Neck pain, headaches & migraines
- Back pain, leg pain & numbness
- Restricted joint movement
- Sports injury & performance
- Tension & tightness

Wellness Care

Our chiropractic care is safe, gentle and very effective. Yet pain relief and rehabilitative care is only part of the picture. We also focus on your long term wellness, not just through regular care, but also with advice concerning:

- LIFESTYLE
- NUTRITION
- POSTURE
- ERGONOMICS
- SLEEPING HABITS
- REGULAR EXERCISE & FITNESS
- FOOT SUPPORT & FOOTWEAR

Complete Care

For your convenience, we have a spinal imaging and x-ray facility on site. We offer a range of nutritional supplements and professional products designed to improve your overall wellbeing. To find out more, check out our website or simply ask on your next visit.

WORKSHOPS & PRESENTATIONS

Just as important as the best chiropractic care, is the best advice. At Back In Line, we're so passionate about this, that we offer special workshops for sports teams, clubs and corporate businesses alike.

If you'd like to help your club or fellow work mates learn how to perform and feel their best, we'd love to hear from you.

SPORTS INJURY MANAGEMENT & PERFORMANCE ENHANCEMENT

With two post-graduate qualifications in sports and vast experience in the care of athletes, dancers, performers and sports teams, Sports Chiropractor Dr. Roy Smith heads our dedicated Back In Line team.



By improving the function of your joints, muscles and nerves, our Chiropractic care may assist your body to overcome injuries faster, and prevent future injuries from arising. We will work with you to achieve your health goals and give you the edge you need.

Our Guarantee

Getting you back to your best and maintaining your health is important to us. While we cannot determine each individual's response, we are so confident that you will be happy with our level of care and service that we make a guarantee to you. If by your fourth visit, you are not satisfied, we will gladly give you a full refund (products and x-rays excluded).