

Services



Chiropractic

Dr. Bromley has a simple practice philosophy. The body must be able to move to be healthy. Restrictions in movement in muscles, bones, ligaments and even organs are intrinsically unhealthy. This has been proven to Dr. Bromley time and time again with thousands of patients he has had the privilege to serve. Chiropractic is effective because it restores movement. A chiropractor is effective because besides the technique that they may use, they are educating their patients to recognize these restrictions to their health. It is a true doctor-patient relationship that engages the patient to be involved actively in the management of their health. Dr. Bromley strives to develop this partnership with his patients in order that they may live their lives as pain-free, and active as possible. Ultimately, that they understand and experience true health. ([read more](#))



Massage Therapy

Registered Massage Therapists (RMT's) in British Columbia are health care professionals who have been educated and trained to accurately assess and treat with techniques that include massage, joint mobilization, and hydrotherapy. Registered

Massage Therapy is an effective form of health care which may provide the following benefits. As well as registered massage therapy, the RMT's at Rosemary Heights Chiropractic and Massage will also provide rehabilitative exercise such as stretching, strengthening, and postural exercises to facilitate healing and improve general health. ([read more](#))



CranioSacral Therapy

CranioSacral Therapy (CST) is a gentle, hands-on approach that releases tensions deep in the body to relieve pain and dysfunction and improve whole-body health and performance. It was pioneered and developed by Osteopathic Physician John E. Upledger after years of clinical testing and research at Michigan State University where he served as professor of bio mechanics. Using a soft touch which is generally no greater than 5 grams – about the weight of a nickel – practitioners release restrictions in the soft tissues that surround the central nervous system. CST is increasingly used as a preventive health measure for its ability to bolster resistance to disease, and it's effective for a wide range of medical problems associated with pain and dysfunction. ([read more](#))



Orthotics

Orthotics are devices placed inside the shoes with the purpose

of restoring our natural foot function. Many common complaints such as foot, ankle, heel, knee and lower back pain are caused by poor foot bio mechanics. Bio mechanics is the science that studies the body's movements during walking, running and sports. The most common form of bad foot bio mechanics is over-pronation, which is the dropping of the arches and rolling inwards of the feet and ankles, and affects an estimated 70% of the population. Orthotic insoles correct over-pronation and realign the foot and ankle bones to their neutral position, restoring natural foot function. In turn, this will help alleviate problems not only in the feet, but also in other parts of the body, such as the knees, hips, and lower back. ([read more](#))