

Helping Hand Chiropractic Clinic, Dr. Robert Simmons, D.C.

Have you been struggling to get out of bed in the morning due to debilitating joint or muscle pain? Does getting through the day seem daunting and painful? For chiro-practical help, the only choice is Dr. Simmons.



When you are trusting a person with your body's wellbeing, you'd like to get to know them first. Dr. Simmons has been a practicing chiropractor for over 10 years and has specialized knowledge in acupuncture therapy.

"I want my patients to feel safe and secure in my office. I want them to know they can trust me with their physical and mental wellbeing."- Dr. Simmons

What Can You Expect in a Session?

Each patient during their session with Mr. Simmons is treated with compassionate and personalized care. Before any physical therapy, you consult with Dr. Simmons on the reasons for your visit and what you expect to get out of it once leaving. Both you and Dr. Simmons then come up with a detailed personal plan to get you back to your regular self.

Therapeutic Massage Services

At Helping Hand Chiropractic, we believe in getting to the root cause of your pain. Often, every day stress can build up in our bodies to cause muscle and joint pain. That's why not only is chiropractic care offered to our patients, but we also offer therapeutic massage to manage every day stress. Upon first visit, enjoy a **free** massage with your discount rated consultation.

Acupuncture Treatment

The long-studied art of acupuncture treatment has proved time and time again to be successful for patients. To relieve your stress, Dr. Simmons' specialized knowledge in acupuncture puts patients at ease knowing that they can trust a professional. For patients who may be weary of such a treatment, it is not mandatory but can be prescribed for certain ailments. Helping Hand Chiropractic does not tell you what to do for your health, but instead offers recommendations and provides the necessary services to move forward once you are comfortable with your decision.

Where We're Located

Conveniently located just outside the Queen St. bus stop, our office offers both front stairs and ramps for our patients who require it. Walk-ins are welcome.

Office hours are:

Monday-Friday 9am-5pm

Saturday: 9am-1pm
Sunday: Closed
Phone: 705 555 5457