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MEDIA RELEASE

SPOTLIGHT ON NIAGARA SPINE AND SPORT THERAPY

Welland, ON – "Spotlight On" is a look into Welland's new and existing businesses, providing a glimpse into what makes them a staple within the community. This month's Spotlight is on [Niagara Spine and Sport Therapy](#).

In 2010 Dr. John Strebul had ambitious ideas for a multidisciplinary care centre offering various clinical services in one location. For the last 11 years he and a diverse team of health care professionals have been providing pain relief and well-being treatments to the people of Welland and its surrounding areas.

The goal of Niagara Spine and Sport Therapy is to get results for patients by treating their specific needs with different therapies and finding the most effective, healing combination. To help people maintain their health and wellness goals, the clinic offers a suite of treatment services that include:

- Chiropractic Care
- Acupuncture
- Spinal Decompression Therapy
- Massage Therapy & Muscle Release
- Shockwave Therapy
- Physiotherapy
- Laser Therapy

Before becoming available anywhere else in Niagara, this clinic was the first to offer spinal decompression therapy and was also the first to make shockwave therapy available to patients. Staff are committed to delivering the best care possible and remain proactive in keeping aware of new technologies, changes in therapies and natural health trends to continue delivering quality, beneficial solutions.

Pain did not take a pause during the pandemic and neither did the staff of Niagara Spine and Sport Therapy. Throughout all the unprecedented stages of the last year and a half, the clinic's doors remained open, allowing the close-knit team to do their part as essential service providers. On reflection, they considered these circumstances as an opportunity and responsibility to keep people out of emergency rooms, healthy and functioning well in their daily lives. When office locations were closed and many workplace jobs moved online, the practitioners kept busy treating and alleviating the aches and pains felt by countless people working from home.

As warmly referred to by all patients, "Dr. John" returned to the City of his childhood when it was time to begin his chiropractic practice. Boasting proud Welland roots and with a genuine appreciation for the community, he considers Niagara Spine and Sport Therapy his way of giving back to the parents, teachers and coaches who influenced and played a role in his life.

Although usual business has remained largely unchanged, everyone at the clinic is looking forward to when our community is fully reopened and back to following a new regular way of life.

After more than a decade satisfying the wellbeing needs of Welland, we look forward to the continued success of health service providers like Niagara Spine and Sport Therapy <https://www.niagaraspineandsport.com/>.

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