

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser

# Powers & Jans Centre

The Experts® on Chiropractic Care:



Dr. Rick Powers



Dr. Wallace Jans



Dr. Crystal Schmalz



Dr. April Ruzycki



The Big White House on 6th St. just off Kingsway

737 - 6th Street SE

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Ask The  
**Experts** 

on Chiropractic Care

**Dr. April Ruzycki**

### What is the Powers & Jans Centre?

The Powers & Jans centre is dedicated to providing outstanding chiropractic, massage and laser care. The chiropractors adjust the spine and extremities using primarily Activator Methods.

We have four chiropractors offering a combined 86 years of knowledge and experience; this is a great environment for the patients and the chiropractors, as it allows us to consult each other regarding difficult cases. Since all the chiropractors utilize the same technique patients have the flexibility to see all four chiropractors – this flexibility allows patients to come for an adjustment on a time that is most convenient in their schedule. Even more important, patients can get in to see someone if they hurt themselves without having to wait until the chiropractor they regularly see is back in the office. We encourage our patients to feel comfortable seeing all four chiropractors – some patients even see one chiropractor when their primary issue is a headache and a different one when their low back is hurting.

In addition to chiropractic our clinic has three massage therapists. All the therapists do therapeutic

massage – some are considered lighter and some deeper; thus we are able to provide a therapist which best suits your needs as a massage client. As well, one of the therapists is trained in Bowen Therapy which offers an alternative to therapeutic massage or as a starting therapy when the patient is in acute severe pain.

The clinic is able to offer low level laser therapy through Health Renew. The laser therapy can be utilized solely, but often treatments coincide with chiropractic adjustments to help the patient recover. The laser assists in decreasing inflammation and stimulating the healing processes of the body.

Both Health Renew and the massage therapists are located on the second floor of our building, but if stairs are an issue they are happy to accommodate the patients in a room on the main floor.

Furthermore the clinic has pharmaceutical grade supplements, cervical pillows and orthotics. The supplements carried include Metagenics, Adeeva, and Douglas Labs. There are multiple types of cervical pillows available, as well as the option to order in pillows from Therapeutica – these are offered in five sizes for a custom fit to the patient. We utilize Footlevelers to provide flexible custom-made orthotics to our patients.

If you have questions please call the clinic 403-529-9069 or more information can be found on our website: [www.powers-jans.com](http://www.powers-jans.com), on our facebook page: <http://www.facebook.com/PowersAndJans> or our google plus page: <https://plus.google.com/105872000267353684700/posts>.

The best option would be to stop by our clinic! Our staff can give you a quick tour of the clinic and answer your questions. With the multiple services and products available at Powers & Jans Centre, we are one stop for natural health care.

**One Stop for  
Natural Health Care**



**Stop by our clinic today!**

[www.powers-jans.com](http://www.powers-jans.com)