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TWChiropractic is your local chiropractor and sports injury specialist. Based in the centre of Ystrad Mynach, we aim to provide the best care possible for you and for our local community. Our aim is simple, we want to help you along the road to recovery and keep you stronger for longer. We want you to be able to enjoy life without the curse of pain and disability. We use our simple and unique three step process to guide you through the many ups and downs of treatment. Through this process you will learn about your specific condition and how your daily activities may affect it. You'll be given a series of exercises to do to as well and given an explanation of exactly why you're doing them and how they will help. We will also cover topics about nutrition, supplementation, rehabilitation and many more, you will then have the tools you need to be able to effectively manage you

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condition. We specialise in: Shockwave Therapy - A great tool to help with all sorts of stubborn tendon and muscular issues e.g., Plantar Fasciitis, Achilles Tendonitis, Patella Tendonitis, Tennis Elbow and Golfers Elbow, Rotator Cuff and Frozen Shoulder issues. Nutrition - Trained in sports nutrition and the low carbohydrate, high fat diet, we are able to provide support for a whole host of nutritional and lifestyle changes to help you lead a happier and healthier life e.g., help with losing weight, help promoting a healthier lifestyle, advice on supplementation, help with maintaining an anti-inflammatory lifestyle to promote less pain and better healing. For more information check out our website ([www.TWChiropractic.com](http://www.TWChiropractic.com)) or call us (07766 039324) to see how we can help.

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