A healthy spine is essential to overall health and vitality. San Ysidro Health (SYHealth) offers chiropractic care to help you and your family maintain healthy, active lifestyles.

SYHealth Chiropractic care provides relief for many health issues, including:

- back pain
- neck pain
- headaches
- shoulder pain
- sports injuries
- sciatica

In addition to providing relief from pain and discomfort, chiropractic care helps optimize physical mobility and endurance. Many chiropractic patients also report sleeping better and feeling more rested, once they awaken.

Chiropractic care is not just for adults. Teens can also benefit by receiving care for injuries sustained during sports such as soccer, football, baseball or, even, due to falls from bicycles and skateboards.

SYHealth’s chiropractic care can be adapted to meet your family’s needs, whether it is to provide relief from pain, to improve mobility and well-being.

**Now available at the following locations:**

**CHC - Ocean View**
3177 Ocean View Blvd.,
San Diego, CA 92113

**Chula Vista**
678 3rd Avenue,
Chula Vista, CA 91910

**King-Chavez Health Center**
950 S. Euclid Avenue,
San Diego, CA 92114

**San Ysidro Health Center**
4004 Beyer Blvd.,
San Ysidro, CA 92173

www.syhealth.org