

Get your back (neck, shoulders, legs, hips, and all your parts) in gear with CMCC!

The Canadian Memorial Chiropractic College (CMCC) is a proud supporter of PWA Toronto and is thrilled to be offering support to the riders of the Friends for Life Bike Rally again this year! Riders and crew looking for musculoskeletal care for injuries, aches and pains prior to the event are encouraged to visit one of CMCC's clinic locations. Common issues experienced by cyclists that CMCC interns can help manage include neck and back pain/injury as well as upper and lower limb pain and/or injury. Care may consist of soft tissue/myofascial techniques, spinal or extremity mobilization/manipulation, as well as education and rehabilitation for the wide variety of musculoskeletal complaints the riders and may sustain leading up to and during the ride.



Where are our clinics?

Riders are encouraged to visit one of CMCC's clinics for treatment and care. With daytime and evening appointments available 6 days per week, we have seven locations throughout the GTA where our interns will be happy to meet with you for an initial assessment prior to the ride:

- **CMCC Campus Clinic**, 6100 Leslie St., Toronto (416 482 2546)
- **Sherbourne Health**, 333 Sherbourne St., Toronto (416 324 4166)
- **Rexdale Community Health Centre**, 222 Dixon Road, Suite 301, Toronto (416 241 4242)
- **South Riverdale Community Health Centre**, 955 Queen St E., Toronto (416 778 6883)
- **St. John's Rehab**, 285 Cummer Ave., Toronto (416 224 6942)
- **Bronte Harbour Chiropractic Clinic**, 2290 Lakeshore Road West, Oakville (905 825 2011)
- **Bowmanville Health Centre**, 222 King Street East, Bowmanville (905 419 2622)

Please visit [CMCC's Clinic Locations](#) webpage for specific clinic hours of operation.

How do I book an appointment?

Call one of our clinics listed above and schedule an appointment with one of our talented interns!

Is there a cost?

Intake and subsequent visits leading up to and following the ride carry a nominal charge. A list of all [CMCC's Costs for Treatment](#) is available on our website. These are great prices that will help you stretch your health care dollars! A sliding scale is available for participants who may experience financial difficulty.

Why do an initial assessment?

The initial visit will present interns with the opportunity to assess your overall health while identifying any particular musculoskeletal concerns that may need to be addressed or rehabilitated over the course of training and rally preparation. This assessment will also provide a foundation of a personal health care history of the participant, which will result in the interns' ability to more effectively treat known concerns over the course of your training for the ride. Think about it this way... the more they know about you beforehand, the better we can care for you should any issues arise!

More questions about chiropractic and the Bike Rally?

Feel free to contact the following CMCC employees for more information.

- Dr. Janet D'Arcy, Supervising Clinician (Crew 2015-2018) at jdarcy@cmcc.ca
- Jacquelyn Wingrove, Coordinator of Clinical Experiences at jawingrove@cmcc.ca



[Learn more about CMCC and the Friends for Life Bike Rally](#)

Please visit [CMCC's Friends for Life Bike Rally](#) page to learn more about the outreach program and to donate!