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# Press Release Distribution Report

February 1, 2025

### Company Name

Simply Align Rehab Physiotherapy & Chiropractic

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### Email

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### Country

Canada

### City

Scarborough

### State

Ontario

### Website

<https://simplyalignrehab.com/>

# Distribution Report

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## New Simply Align Technique™ Combines Advanced Technologies for Effective Pain Recovery

Date Submitted: 2025-02-01

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Recorded Full Page Placements\*

**1**

Potential Audience Reach

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**Simply Align Rehab** is reaffirming the effectiveness of its **Simply Align Technique™**, a comprehensive treatment approach that has been successfully helping patients achieve pain recovery and improved quality of life for several years. By integrating personalized activity modifications, multiple therapeutic modalities, and customized exercise programs into one cohesive treatment plan, Simply Align Rehab continues to be a trusted resource for those with musculoskeletal issues.

Patients begin their journey with personalized guidance to adjust daily activities and enhance posture, establishing a foundation that minimizes strain and prevents further injury. This initial step is supported by a suite of therapeutic tools designed to work at the cellular level. The clinic employs Laser Therapy from the USA, Pulse Wave and Shock-Wave Therapy from Germany, the UK, and Switzerland, along with 3D Spinal Decompression from the USA. Additionally, Radio Frequency TECAR Therapy from France and the UK Pulsed Electromagnetic Field Therapy from Canada, and SIS Induction Therapy from the UK are utilized to boost circulation, reduce pain, and strengthen muscles.

A customized exercise program, designed to improve flexibility and build strength, complements the treatment plan. Patients have the option to perform these exercises both in-clinic and at home, with further guidance available through exercise tutorials on the clinic's YouTube channel.

**Simply Align Rehab** is committed to offering accessible and effective musculoskeletal care. The Simply Align Technique™ is currently available at two convenient locations:

**Scarborough, Toronto:** 3630 Lawrence Ave East, Toronto, ON

**Woodbridge (Vaughan):** 200 Marycroft Ave, Unit 6, Vaughan, ON

For patients unable to visit the clinics, mobile treatment sessions are also available.

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