

Mind By Design offers integrative Pain Management services that address both the physical and psychological aspects of chronic pain. Our multidisciplinary approach includes physiotherapy, acupuncture, mindfulness, medication management, and advanced treatments like nerve blocks, rTMS, and ketamine infusions. Each plan is tailored to your unique needs, aiming to reduce pain, improve function, and enhance quality of life. With compassionate care and evidence-based therapies, we help clients regain control and move toward lasting relief. Begin your healing journey with us today.

<https://www.mindbydesign.ca/pain-management>