



equilibrium

BALANCING HEALTH LLC

WELCOME PACKET

ABOUT US

We are an **organic manual** physiotherapy & performance center.

We do things **naturally**, with our **hands** and our **bodies**.

We don't use machines.

OUR AREAS OF SPECIALITY

- IMPROVING CHRONIC SPINAL PAIN AND FUNCTION.
- OPTIMIZING ALIGNMENT AND MOBILITY FROM THE NECK, MID BACK TO LOW BACK.
- HELPING IMPROVE PAIN AND MOVEMENT FOR INDIVIDUALS WITH CHRONIC PAIN.
- MAXIMIZING LEG AND ARM MOBILITY AND STRENGTH.



EQUILIBRIUM



OUR PROMISE

We understand that balance in all things can lead to a healthy life. We also realize that creating that balance is different for everyone. We all have varying personalities, interests, toleration to discomfort, like or dislike of exercise, diet and various other attributes. As a result, we are committed to doing our best in finding that right balance for you. This is precisely why we offer various strategies to improve your function, wellness and life.

WE STRIVE FOR YOUR HIGHEST FUNCTION & SATISFACTION

As a result it is important for all clients to understand what the details of their [insurance policy](#) may be. Although Equilibrium will check benefits, we ask all individuals to be aware of their insurance policy details.

Schedule, Reschedule or cancel

If you need to contact us to schedule or alter your appointment please contact us either by phone, email or text. If an appointment needs to be altered please be respectful and give us 24 hours notice.

Phone: (207).808.0991

Fax: (949).242.2451

Email: info@equilibriummaine.com

Equilibrium is dedicated to improving individuals' health through balance in all things.



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THANK YOU

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