



Office Hours

Monday

3:00pm - 7:00pm

Tuesday

By Appointment

Wednesday

9:00am - 12:00pm & 3:00pm - 7:00pm

Thursday

9:00am - 12:00pm

Friday

9:00am - 12:00pm & 3:00pm - 5:00pm

Saturday

9:00am - 12:00pm

Sunday

Closed



Handsonhealthnj@gmail.com

732-710-7403 – available via text

www.handsonhealthnj.com



Why Hands on Health Chiropractic?



The mission of Hands on Health Chiropractic is to help people express their greatest healing potential. We are committed to keeping regular care timely and practical so every member of your family can express optimal well-being. People of all ages, from newborns to great-grandparents, those who are well and those who strive to be healthier benefit from Chiropractic Care.

Dr. Tyler serves the Exceptional Chiropractic Experience, addressing every client's unique situation with the professional knowledge and tools that are most appropriate. People receive hope and inspiration, and are listened to and cared for with love and respect.

Flexible Hours for Busy Schedules
Affordable Family Care Plan- \$175/month
Family Centered and Operated Practice



Chiropractic Care for the Well-Adjusted Family



321 Mantoloking Rd
Brick, NJ 08723

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BENEFITS OF CHIROPRACTIC CARE



Physical Benefits

Regular Chiropractic Adjustments help maintain proper skeletal alignment so the body can move and function properly! Your Child's Skeletal System does more than just keep them upright; it also protects their Central Nervous System and supplies an attachment point for all of the muscles that help them move, bend, play, and laugh. As children grow they are exposed to a multitude of slips, falls, bumps, bruises, and tumbles all of which have the potential to affect their skeletal alignment and change their posture, the way they move, how they're distributing weight, and even the type of information their brain receives.

Neurological Benefits

Chiropractic focuses on the intimate relationship between the Spine and Nervous System (Brain, Spinal Cord and Nerves). Every time we read, hear, taste, or feel anything our nerves carry signals to our brain so we can integrate the information and decide how to process it.

To fulfill our potential for Health and Life it is important that nerves remain clear and free of interference so they may carry accurate information to and from the brain. The goal of regular Chiropractic Care is to maintain this vital communication so we may Grow and Develop Properly, Process Information Accurately, and Learn Efficiently.

Immunity Benefits

The nervous system and immune system are hardwired and work together to create optimal responses for the body to adapt and heal appropriately.

Kids are exposed to countless microbes, and many of these "Germs" are opportunistic, posing an increased threat to us when we're Tired, Stressed, Dehydrated, or simply Less Than Our Best. Regular Chiropractic Tune-Ups assure that our innate immune defenses will remain strong so if we do get sick we will recuperate by healing fully and efficiently.

Keep your family's resistance strong!