

The Perfect Stretch

Personalized hands on Stretching Classes for clients with neurological Injuries

HNHB Spine and Neuro Rehab is a specialized physiotherapy clinic located in Stoney Creek, Ontario. Our team is dedicated to helping individuals manage challenges related to spinal cord injuries, neurological conditions, and musculoskeletal issues. Come join us and take the first step toward better mobility and a better you. Your perfect stretch starts here.

Our Services



Expert-Led Sessions

Hands on stretching by Licensed Physiotherapists and Physiotherapy Assistants with expertise in neurological rehabilitation.



Safe & Supportive Environment

Modified movements with assistive tools to meet your unique needs.



Improve Range of Motion

Feel better, move better – with techniques that improve flexibility.

Why Choose Us

- ✓ We specialize in neurological rehabilitation and spasticity management.
- ✓ Techniques that improve flexibility without risk or strain.
- ✓ Accessible clinic space with assistive tools and equipment.
- ✓ Small group Classes in a comfortable, welcoming setting, with 4-6 people.
- ✓ To ensure your safety and tailor the class to your needs, a **free phone screening is required before registering**. Please call us to schedule your screening and secure your spot.