

BALANS & ALIGN

CHIROPRACTIE



OUR APPROACH & CLINICAL FOCUS

OUR APPROACH

At Balans & Align, we believe true health is created through balance – between structure and movement, strength and flexibility, body and mind. Our treatments are calm, personal, and clinically grounded. Each session blends a wellness-based philosophy with precise, evidence-based chiropractic techniques designed to support both healing and long-term prevention. We take time to understand your posture, lifestyle, work habits, and daily demands so that every adjustment supports not just pain relief, but your overall vitality, mobility, and resilience.

CLINICAL FOCUS: PAIN MANAGEMENT & RESTORING FUNCTION

Chiropractic care helps restore healthy biomechanics in the spine and nervous system. Through safe, gentle, and targeted adjustments, we aim to improve movement and joint function, reduce muscle tension, relieve pain, and support natural healing. Chiropractic can help manage or alleviate: neck pain, lower back pain, headaches, migraines, shoulder discomfort, sciatica, hip misalignment, postural issues, strain injuries, and pregnancy-related discomfort.

WELL-BEING & PREVENTION

Once pain decreases, our focus shifts to maintaining balance. Regular chiropractic care enhances mobility, reduces stress, improves sleep, supports emotional well-being, increases body awareness, and helps prevent recurring issues.

ABOUT THE CHIROPRACTOR: DIETER VAN HAUTE

Dieter is a South African-trained chiropractor with extensive clinical experience. After completing his Chiropractic degree at the University of Johannesburg (cum laude, 2010), he successfully ran three private practices treating patients of all ages. After relocating to the Netherlands, Dieter founded Balans & Align Chiropractie inside the Annadal Clinic – a calm, family-focused, boutique practice offering personalised care. As a father of four, Dieter's approach has been shaped by his own family experiences. His children's early health challenges responded positively to chiropractic care, reinforcing his belief that chiropractic is about optimal function at every stage of life.

“Chiropractic isn't just my profession – it's part of my family's story. I've seen how alignment can change a life, starting with my own children.” – Dieter Van Haute

WHAT IS CHIROPRACTIC?

Chiropractic is a natural, hands-on, drug-free healthcare profession focused on diagnosing, treating, and preventing biomechanical disorders of the spine, joints, and neuromusculoskeletal system. Chiropractors use adjustments, mobilisations, and soft-tissue techniques to restore healthy movement.