

## CHIROPRACTIC CARE

### IMPROVING YOUR HEALTH AND WELLBEING

#### What is Chiropractic?

Chiropractic is a form of hands-on musculoskeletal healthcare, performed by university trained Doctors. Chiropractic looks at the joints in the body using a combination of orthopaedic & neurological examination. Chiropractic seeks to optimise the range and quality of motion at joints, to thereby reduce pain, aches, tenderness and inflammation. Chiropractic also aims to decrease nerve compression or restriction, which has more global effects on the body.



#### I have had Physio treatment for my back pain, why would Chiropractic treatments help?

We find in this clinic that whilst Physiotherapy or Chiropractic treatments are fantastic modalities on their own, often a combination of both provides a superior result.

Many Physio patients find that they achieve a “clinical breakthrough” from having some Chiropractic manipulation, particularly when results had appeared to plateau.

The same applies to Occupational Therapy and Massage and patients.



#### The GP and/or Physio say I have got some mild arthritis or degeneration in my back, can I still have chiropractic treatment?

Chiropractic manipulation is known to provide effective and safe pain relief from arthritic joints and their associated tissues.

#### Is Chiropractic treatment painful?

Chiropractic treatment involves gentle manipulation of joints and typically is not painful. Most patients report only a sense of relief from the treatment that has been provided.

**What is the clicking or popping sound that occurs with adjustments?**

Firstly a Chiropractor does not “crack bones”. The small amount of clicking and popping that joints can make when manipulated is the movement of tiny (and harmless) pockets of gas within the joints. The noise that you hear is not bone moving on bone!



**Do I need X-Rays:**

No, x-rays are only required if clinically indicated. X-rays at this clinic are bulk billed, so are at no cost to patients. New patients should bring any relevant X-rays that have previously been taken into their consultation.

**I am pregnant, can I have chiropractic treatment?**

During pregnancy an enormous amount of pressure is placed on the spine. Pregnant patients will benefit from manipulation both during pregnancy, often have better birth experiences, and generally recover quicker from giving birth.



**I'd like to know more but am not sure if you can help my condition?**

A free 5-10 minute review of your condition is available, just ask at reception, and we will help to work out if Chiropractic treatment will help you.