



WHAT DOES A CHIROPRACTOR DO?

**Chiropractic care is about more than your spine.
Chiropractors are trained to assess, diagnose and manage a range of
problems involving the muscles, joints and nervous system.**

WHAT HAPPENS AT AN APPOINTMENT

Your chiropractor will take the time to understand what has brought you in, how your symptoms are affecting you, your health and medical history and what activities you would like to get back to.

This is followed by a physical examination, which may include examining the area of your pain or symptoms, assessing your movement and carrying out relevant orthopaedic and neurological tests where appropriate.

Following your assessment, your chiropractor will explain their findings, discuss a likely diagnosis and talk you through the recommended next steps. If further investigation or referral is appropriate, this will also be discussed with you.

WHAT ABOUT TREATMENT?

Treatment is tailored to you, your assessment findings and what you are comfortable with. Depending on your needs, this may include: joint manipulation or mobilisation, soft tissue techniques, dry needling, advice and self-management strategies, taping and exercise and rehabilitation

Not everyone needs or receives the same treatment. Your chiropractor will discuss the available options with you and agree an appropriate approach to your care.

COMMON PROBLEMS PEOPLE SEE US ABOUT

People visit chiropractors with a range of muscle and joint problems. These can include: back pain, neck pain, joint pain and stiffness, muscle aches and pains, shoulder problems, certain types of headache associated with the neck, minor sports injuries, general aches and pains related to muscles and joints

Whether chiropractic care is appropriate for you will depend on your individual symptoms and assessment findings. If we think further investigation or referral to another healthcare professional is more appropriate, we'll discuss this with you.

ASSESSMENT • TREATMENT • REHABILITATION

Care focused on what matters to you.

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