

# WHAT IS



# CHIROPRACTIC

## **What is it and how does it work?**

Chiropractic is a natural, gentle, drug free art that recognizes the body's self healing abilities.

Chiropractors specialize in diagnosing and treating disorders of the joints and muscles relating to the spine. The term chiropractic is derived from the classical Greek words 'chiero' meaning hand and 'praktos' meaning to use and means treatment by hand and manipulation.

## **What do Chiropractors do?**

Chiropractors specialize in the detection, correction and prevention of muscle and joint problems, helping to relieving pain and improving health.

The central nervous system is the control system of the body which co-ordinates and controls every organ, tissue, gland and cell.

One of the main interests of the chiropractor is a well functioning nervous system. The spinal cord and the nerve roots that exist between and around each spinal bone are the most easily damaged by stress and trauma.

Improper motion of spinal bones can cause nerve irritation from stretching and rubbing and of the nerve's tissue. This is why chiropractors work primarily with the spine, to remove interference that may be causing pain or impairing normal health.

Chiropractors treat conditions such as tennis elbow, golfers elbow, frozen shoulder, arising from musculoskeletal conditions of the back, also neck, knee pain from osteoarthritis and many others.



## Visiting a Chiropractor.

On a patient's first visit, the Chiropractor will take a thorough case history and carry out a full neurological and orthopaedic examination. X-rays may also be taken to check for any abnormalities or conditions which will show if another form of treatment would be more appropriate.

Once these examinations are complete, the chiropractor carries out a detailed analysis of how the individual bones, joints and muscles move, to identify the specific problem.

Treatment consists of gently unlocking the stiff joints with skilled manipulation by hand, known as adjustment.

There are many chiropractic adjustment techniques. Quick, comfortable adjustments are used with just the right amount of pressure to help restore proper function and mobility to joints.

## The Effectiveness of Chiropractic.

People usually seek chiropractic treatment for pain caused by, poor posture or work related problems, but it is not only back pain that is eased with chiropractic care. Headaches that arise from the neck and pain that occurs in the neck, also respond well to treatment.

For more information on chiropractic, or to find out if chiropractic can help you, please contact our clinic.

Should you wish, our Chiropractors will call you to discuss your problem.



I thought the pain would go away!

It did after Chiropractic treatment!

Please give this to a friend or colleague if you think Chiropractic may help them.

Have them call us on 01276 21637

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**We Care About the Community**