

Carson Chiropractic and Sports Injury Clinic

GENTLE AND EFFECTIVE TREATMENT FOR THE WHOLE BODY

WHAT IS CHIROPRACTIC AND HOW DOES IT WORK?

Joint problems and pain can occur for many reasons, including:

- Incorrect lifting
- Car of sporting accidents
- falls
- Stress
- Poor posture

Chiropractic treatment is simply a method of adjusting the bones of your body to improve skeletal alignment. In doing so, it helps your nervous system work more efficiently, relieves pain and discomfort and increases mobility.

HOW IS THE MCTIMONEY METHOD DIFFERENT?

Developed by John McTimoney over 30 years ago, the McTimoney method is recognised as being a gentle, precise, whole body approach to chiropractic care. McTimoney chiropractors strive for optimal health by treating the entire person and not just the area that pains you. It is taught only at the McTimoney College of Chiropractic in Abingdon, near Oxford, UK.

Your McTimoney Chiropractor is trained to correct misalignments using quick, gentle and accurate adjustments which ensure you experience maximum comfort.

CAN THE MCTIMONEY METHOD HELP ME?

The gentle nature of the McTimoney method makes it suitable for people of all ages. It's proven to be effective in treating the following conditions:

- Back, neck and shoulder pain
- Pain, discomfort and stiffness in joints
- Migraine
- Muscular aches
- Sports injuries
- Arthritic pain

WHAT CAN I EXPECT FROM MY FIRST SESSION?

Your McTimoney chiropractor will first assess your general health, previous conditions and existing symptoms.

He or she will then conduct a physical examination to locate the problem, during which time your chiropractor will make adjustments using the light, dextrous techniques associated with the McTimoney technique.

If at any point your chiropractor discovers or suspects a condition that requires medical intervention, they will refer you to your GP for further tests.

Normally your first visit can last anything between 30 minutes and an hour. During this time, the chiropractor will:

- Take a full case history, assessing your general health, previous conditions and existing symptoms
- Ask your permission to conduct a thorough physical examination (this will include neurological and orthopaedic tests, if necessary)
- Arrange or refer you for x-rays, if they are needed
- Make adjustments using the light, dextrous techniques associated with the McTimoney technique

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In some instances, your chiropractor may need to ask you to remove some clothing. Privacy and a gown are always provided but do tell your chiropractor if you feel uncomfortable about undressing.

A chiropractor's first concern is to find out what is wrong. They will also check for signs of any serious conditions for which you would need specialist advice.

TREATMENT IS VERY MUCH BETWEEN YOU & YOUR CHIROPRACTOR

Before your treatment starts, your chiropractor will explain to you clearly:

- The results of your examination
- The proposed treatment plan
- The benefits and any significant risks associated with your condition and proposed treatment plan

HOW MANY SESSIONS WILL I NEED?

Most people find between two and six sessions sufficient to address straightforward problems. The number and frequency of treatments will depend on a number of factors, including:

- Age
- Extent of injury
- General fitness
- Stress (muscle tension & stress on your nervous system)
- Posture

The anticipated number of sessions will be discussed with you prior to treatment. Once your health improves, you can choose to schedule regular check-ups a few times a year to keep chronic conditions under control.

HOW WILL I FEEL AFTER TREATMENT?

During a course of chiropractic care you can expect to feel physical changes as your body realigns. These may include stiffness or tiredness, particularly after your first session.

Your McTimoney chiropractor will give you advice on aftercare and any necessary lifestyle changes to help you get the most out of your care.

It is important that you talk to your chiropractor if you feel worried about anything either during or after treatment.

IMPROVING THE HEALTH OF THE NATION

For over 30 years, McTimoney Chiropractic has been helping thousands of people feel better, with nearly 150,000 new patients consulting a McTimoney Chiropractor each year. That's more than 8000 nationwide being cared for by McTimoney Chiropractors every working day.

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