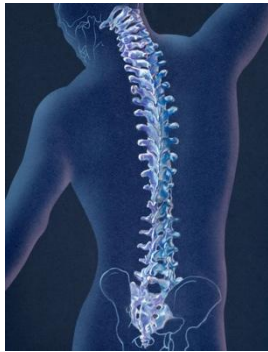




Welcome to The Walkwell Clinic!



Facts about Chiropractic:

- Chiropractic is the third largest medical profession in the world (after Medicine and Dentistry).
- Chiropractic has been around for more than 100 years. Although spinal manipulation has been written about since 2700 B.C.
- Business loses 4.9 million working days a year because of back pain.
- Up to 80% of UK residents experience back pain at some point, costing the NHS £480 million a year.

- Nine out of ten chiropractic users feel their treatment is effective.
- Most health insurance companies include Chiropractic.
- Chiropractors must complete four to five years at an accredited chiropractic college.
- Chiropractic has a deep respect for the human body's ability to heal itself without the use of surgery or medication.

What are the benefits of Chiropractic?

- pain relief
- headache relief
- increased flexibility and mobility
- reduced stiffness
- relief from arthritic pain
- increased energy levels
- a greater sense of overall health
- better coordination
- faster tissue healing
- reduced inflammation

Why should I have Chiropractic?

Chiropractic is good for your health. It aims to realign the bones in your body to the position in which they function to the optimum ability. If the joints can work properly there will be less stiffness, less pain and more mobility, and this will allow you to be more active. This can also relieve pressure on the nerves which can cause sharp pain and numbness/tingling.

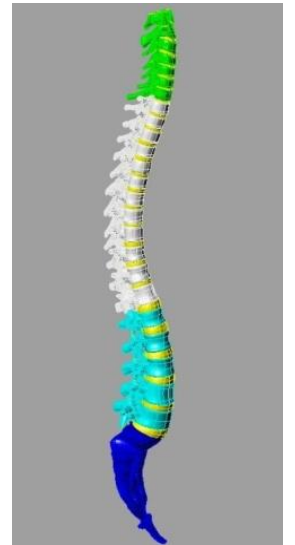
Will it hurt?

No. The treatment will not hurt and will feel fairly gentle to receive.

Why are my bones in the wrong place?

Life in general causes our bones to be pulled in the wrong direction. Work posture can cause us to adopt a particular repetitive posture. For example if you work at a desk, the shoulders may become hunched over time and the head may sit forwards causing pain in the upper body. Knocks, falls, accidents in the present and past may have caused the bones to move. Certain sports can cause injury; for example, rugby is very vigorous and running can put stress on the hips and knees. Poor posture, such as crossing legs or slouching, is a common cause of misalignment.

Anyone can enjoy the benefits of a chiropractic treatment, no matter what age. Chiropractic care can help you to avoid drugs and surgery. Studies have shown that chiropractic adjustment can often be an equivalent alternative to medication and surgery for back pain.



How many treatments will I need?

Most patients respond between 4 and 10 treatments. The length of time you have had the problem, the severity of the symptoms, your age and general health and fitness will all affect your recovery time.

The Chiropractor's aim is to realign the bones each session and to assess whether they are staying that way between treatments and find out how you feel. At the beginning it is important to follow a weekly plan so that your body has a chance to take on the change. After you feel better, the treatments can be spaced out so that the Chiropractor can monitor that the improvements are still there. In the ideal world, patients should return once every 6 months for maintenance care, to correct any problem which arises in the intervening period and so prevent periods of pain. However, the Chiropractor will advise you of the optimum treatment plan. It is then up to you to decide what your lifestyle and budget can afford.

The McTimoney Method

The McTimoney method of Chiropractic was developed by the late John McTimoney over 50 years ago and is taught only at the McTimoney College of Chiropractic in Abingdon, near Oxford. It is well known for being a precise, whole body approach to chiropractic care. The gentle nature of the McTimoney method makes it especially suitable for people of all ages.

Improving the Health of the Nation

McTimoney chiropractic has helped thousands of people for over 50 years and around 150,000 new patients consult a McTimoney Chiropractor each year. Over 8000 people are cared for by McTimoney Chiropractors each working day.

Insurance and Professional Bodies

At the WalkWell Clinic the chiropractic treatment is covered by most of the major insurers.

Sadie Hague BSc (Hons) Chiro is a member of McTimoney Chiropractic Association and General Chiropractic Council.

Any further questions?

Please feel free to call us.....

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