

Chiropractic Clinic – First Visit Guide

What is chiropractic?

Chiropractic treatment can help to diagnose and treat problems with joints and muscles and their effects on your health. While chiropractors are best known for treating back pain, they are also able to provide support for many other types of pain management and injuries. They can also provide advice on exercise, diet, lifestyle and injury prevention.

What can I expect on my first visit?

During your first appointment we will take a detailed medical history from you, as well as performing a physical examination which includes a general medical check, for example, taking your blood pressure. Any problematic areas you have will be assessed thoroughly.

This first appointment can take up to two hours to allow us to fully evaluate your condition in order to recommend and discuss a treatment plan with you. We do not treat patients on their first visit (except in exceptional circumstances) but will be able book you in to begin your treatment plan at this time.

What next?

If you are worried about your issue recurring and would like to work towards strengthening muscles and joints or increasing flexibility and range of movement then rehabilitation may be an option for you. Talk to your intern chiropractor about exercise therapy that is built around your specific needs and ability. This will be discussed during your treatment depending on your requirements.

Can you bring a relative / friend?

Yes, you may be accompanied.

When you arrive

Please go to the reception desk, after which you will be shown where to wait until collected by your chiropractor. Within the Department the toilets are clearly signposted, should you need to use them at any time.

Upon collection

You will be advised to change into shorts and a medical gown.

Who will you see?

You will be cared for by a small team and seen by a chiropractor and a clinical tutor. During the treatment the intern chiropractor will ask you questions about your lifestyle and if this is the second appointment look to treat your problem. Following treatment your chiropractor will need to write up a report.

What happens during the treatment?

You will be asked some questions about your health and in particular your current symptoms and the doctor may examine you briefly. You will be invited to lie down on a bench.

Sometimes you will be on your back or you may be asked to turn on your side, lie flat on your stomach or even to stand during the examination. There is usually help for those who find this difficult. You may be asked to take deep breaths and to hold your breath for a few moments.

The chiropractor will sit or stand beside whilst treating you. Records of findings will be made so that they can be viewed later. Upon completion, you will be free to get dressed.

How long will it take?

The process of carrying out a treatment usually takes 30 minutes. Unless you are delayed, for example by emergency patients, your total time in the clinic is likely to be about 30-45 minutes.

When will you get the results?

After the treatment, it is likely if you are in pain that another treatment will be booked. The notes will be examined further by the clinical tutor and the intern.

If you have a query?

If you have a query about having chiropractic treatment, please ring the clinic on **01202 436 222** between 8am and 6.30pm, Monday to Friday and 9am and 12.30pm on Saturdays.