

Chiropractic Clinic – First Visit Guide

What is chiropractic?

Chiropractic treatment can help to diagnose and treat problems with joints and muscles. 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 perform an examination which includes a general health check, for example, taking your blood pressure.

This first appointment can take up to two hours. Generally, we do not treat patients on their first visit but will be able to 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 which can be built around your specific needs and ability.

Can I bring a relative / friend?

Yes, you may be accompanied by a friend, family member or carer.

Do you have parking?

Please note the clinic has its own car park with designated disabled parking for those with limited mobility.

What happens when I arrive?

If you have any special requirements, such as wheelchair or need a ground floor room please let us know when you arrive, if you have not already done so. We will do our utmost to support your requests.

Report in to the clinic reception desk, who will advise you where to wait.

Do you have toilets and baby changing facilities?

Within the department the toilets are clearly signposted, should you need to use them at any time. We do have a disabled toilet and baby changing facilities.



Who will see me?

You will be seen by your intern (student chiropractor) who is supported and supervised by a clinical tutor (qualified chiropractor). During the appointment your intern will ask you questions about your general health and lifestyle.

How long will my first appointment take?

Please allow 2hrs for your first appointment, to give us plenty of time to make sure we have all the information we need to be able to provide you with the best possible care.

If I have any other questions or concerns?

If you would like further information about the AECC University College Chiropractic Clinic, please ring us on **01202 436 222** between 8am and 6.30pm, Monday to Friday and 9am and 12.30pm on Saturdays.