

## What is chiropractic?

Chiropractic is a primary contact health profession that specialises in the diagnosis, treatment, prevention and overall management of conditions that are due to problems with the joints, muscles, ligaments and nerves and the effects of these problems on the function of the nervous system and general health.

Working on all the joints of the body, concentrating particularly on the spine, they use their hands to make gentle, specific adjustments (the chiropractic word for manipulation) to improve mobility of the joints, efficiency of the nervous system and release the body's natural healing ability.

Chiropractic does not involve the use of any drugs or surgery.

### Our Chiropractors

The Chiropractors at the **Havelock Chiropractic Clinic** are Rebecca Rees, BSc.(Chiro) and Jack Stow, MChiro. They have nearly twenty years experience between them, are members of the British Chiropractic Association and are registered with the General Chiropractic Council (GCC).

### A Regulated Profession

In common with medical practitioners and dentists, all chiropractors are registered by law under the Chiropractors Act 1994 and the title 'Chiropractor' is protected under this legislation. The profession is statutorily regulated through the General Chiropractic Council (GCC) and it is illegal to practise as a chiropractor without being registered with the GCC.

### Education and training

The title of chiropractor is protected by law and, as a result, only those who are registered with the government appointed regulator, the General Chiropractic Council (GCC), can call themselves chiropractors. The GCC has set the standards of education in chiropractic and all chiropractors must have graduated from an accredited institution before being accepted onto the Register.

Chiropractors who are members of the British Chiropractic Association will have completed the minimum of a four-year full-time course that has both UK regulator accreditation and internal recognition.

### How does a chiropractor make a diagnosis?

Diagnosis is reached only after thorough examination of the patient, including: case history and physical examination, standard orthopaedic and neurological tests, observation of posture to assess biomechanical stresses, examination of individual joints and X-rays or imaging (when clinically necessary).

### Treatment and patient management

Treatment consists of a wide range of manipulative techniques designed to improve the function of the joints, relieving pain and muscle spasm. Such skilled

manipulation is very specific, hands on and directed at individual joints in order to reduce strains and improve mobility in one area without disturbing another. Chiropractors support the treatment they offer with individual guidance and advice about the patient's lifestyle, work and exercise, in order to help in managing the condition and preventing a recurrence of the problem.

### Who can be treated by a chiropractor?

People of all ages can benefit from chiropractic treatment, from a newly born baby through to older people. Chiropractors use a range of techniques which suit the individual's condition and age.

### Clinic Information

Havelock Chiropractic Clinic  
1 Havelock Business Park  
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[www.havelockchiropractic.co.uk](http://www.havelockchiropractic.co.uk)

[info@havelockchiropractic.co.uk](mailto:info@havelockchiropractic.co.uk)

### Opening Hours

Monday	08.00 - 20.00
Tuesday	08.00 - 20.00
Wednesday	08.00 - 13.00
Thursday	08.00 - 20.00
Friday	08.00 - 17.00
Saturday	08.00 - 12.00