

## Welcome to Headingley Chiropractic Clinic

Chiropractic is the most widely used natural health care profession in the world. It is a profession which specialises in the diagnosis, treatment and overall management of conditions that are due to the mechanical dysfunction of the skeletal joints, particularly those of the spine, and their effects on the nervous system.

As such it is an effective, safe and gentle method of treatment which respects the body's natural healing and recuperative powers.

Therefore it is a choice treatment for a wide range of conditions, especially:

- Lower Back Pain
- Sciatica
- Whiplash and neck pain
- Migraine and tension headaches
- Knee and hip problems
- Shoulder, arm and wrist pain
- Frozen shoulder, tennis elbow and carpal tunnel syndrome
- Sporting injuries
- Muscle aches
- Sprains and strains
- Stiffness and pain from some forms of arthritis

It is estimated that 95% of back pain is mechanical in nature. The recent Royal College of General Practitioners has recommended Chiropractic, and in particular manipulation, as an ideal treatment for this type of problem.

Chiropractic training involves a 5-6 years university course, largely paralleling a medical undergraduate course, but specialising in natural forms of health care, and including manipulation and massage. Chiropractors are therefore highly qualified in the field of muscle and joint disorders...

Individual Chiropractors may specialise in various techniques. One of these methods is Sacro-Occipital Technique (S.O.T.) which is probably the most widely used postgraduate technique in the United Kingdom.

On visiting a Chiropractor for the first time you will undergo a thorough examination including case history, physical, orthopaedic, neurological, chiropractic and possible radiological examination, after which a diagnosis will be made and treatment undertaken.