

## Treatments

### Initial Consultation

Your initial consultation will last 1 hour 15 minutes. It begins with you completing a comprehensive health questionnaire, which enables the chiropractor to obtain an immediate overview of your health concerns. Following this an examination is undertaken.

The initial examination includes a thorough physical, orthopaedic, neurological and chiropractic examination - at the end of which you will be given an explanation of your condition and recommendation of how best to proceed in recovering your health.

Treatment may then begin providing further tests such as X-rays are not required.

### Subsequent Treatments

Following your initial visit, subsequent visits will include treatment and home advice such as exercises, stretches, postural correction and possibly a referral to another appropriate health practitioner to further facilitate your recovery to health.

Attendance at a self help class (see other services) is recommended so that you may learn techniques to prevent relapses of your health problem. There will also be a recap of your symptoms and initial examination findings at regular intervals to monitor your progress and ensure the treatment is modified to suit your needs.

Treatment may involve Sacro-Occipital Technique which Dr Mark Butterworth specialises in and range from:

- Spinal and extremity manipulation
- Cranial and visceral manipulation
- Mobilisation
- Massage
- Stretches

Other Treatments could include:

- Ultrasound
- Acupuncture
- Nutritional advice
- Exercise programme