

# Chiropractic

Gemma Collins BSc (Hons) Chiropractic  
Member of the McTimoney Chiropractic Association,  
The International Veterinary Chiropractic Association  
and the British Veterinary Chiropractic Association  
**Registered with the General Chiropractic Council**

## ***About Chiropractic***

*Chiropractic is the Science, Art and Philosophy that concerns itself with the restoration of good health by restoring and maintaining a properly functioning neuromusculoskeletal system, without the use of drugs or surgery.*

Chiropractic is a primary health-care profession, so you do not need to be referred by your doctor. A chiropractor is trained to diagnose your problem and will refer you to another health-care practitioner if necessary. **MRI scans can also be arranged by your chiropractor.**

## ***How can Chiropractic help?***

People of all ages and from all walks of life can benefit from chiropractic care, from babies and children, through adulthood and into later years and including pregnant women. Chiropractors treat problems with joints, bones and muscles, and the effects they have on the nervous system. Working on all the joints of the body, concentrating particularly on the spine, Chiropractors use their hands to make often gentle, specific adjustments (the chiropractic word for manipulation) to improve the efficiency of the nervous system and **release the body's natural healing ability.**

Specifically, chiropractic may help chronic General, chronic and acute low back pain; Lumbago; Prevention of Migraine; Cervicogenic headache (headaches coming from the neck); Extremity joint conditions, aches and pains; Acute/sub-acute neck pain; Mechanical neck pain; Shoulder girdle pain/dysfunction associated with conditions of the back and neck; Adhesive Capsulitis (frozen shoulder) associated with neck and back problems; Tennis Elbow associated with neck problems; Hip and Knee Osteoarthritis symptoms; Patellofemoral Pain syndrome; Tension and inability to relax

Chiropractors support the treatment they offer with individual advice about the patient's lifestyle, diet, work and exercise, in order to help in managing the condition and preventing a recurrence of the problem.

## ***Regulation***

In common with medical practitioners, osteopaths and dentists, all chiropractors are registered by law under the Chiropractors Act 1994 and the title 'Chiropractor' is protected under this legislation. This ensures that all chiropractors have reached a high standard of competence.

The number and frequency of sessions varies considerably according to factors such as age, seriousness and duration of the problem, general health etc. This will be discussed during the first consultation when examination findings and diagnosis will be explained fully and there will be an opportunity to ask any questions.

## **Chiropractors at The Natural Healthcare Centre**

Gemma trained at the McTimoney college of Chiropractic in Abingdon, graduating in 2005. This technique encompasses a precise, gentle and whole body approach to Chiropractic care.. Post-graduate training with the International Academy of Veterinary Chiropractic means Gemma can also treat animals, usually horses and dogs.

Compulsory post-graduate training means Gemma stays up to date with current information and enables her to offer a variety of soft tissue release methods, which also helps pain relief.

**For further information or to book a consultation please call 01283 516444**