PAIN SUFFERER'S AWARENESS GUIDE TO CHIROPRACTIC CARE

ACHES, PAINS, SLIPPED DISCS AND SLUMPING:

A GUIDE TO PROBLEMATIC JOINTS, POOR ALIGNMENT AND WEAK MUSCLES THAT ARE RUINING YOUR POSTURE AND LEAVING YOU PRONE TO PAIN AND INJURY.

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SPINECENTRAL

READ THIS GUIDE, AND YOU'LL DISCOVER:

- 4 Rip-Offs You Need To Know Before Choosing A Chiropractor
- 6 Common and Costly Misconceptions About Chiropractic Care
- 13 Signs That Can Alert You That It's Time To See A Chiropractor NOW
- 5 Mistakes To Avoid When Choosing A Chiropractor
- Commonly Treated Conditions
  Why You Might Consider Visiting a Chiropractor First when it Comes To Your Spinal Health.
- How To Choose A Chiropractor
  7 Simple Steps To Avoid Back Pain

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Have you found yourself confused and unsure about whether or not you can trust a chiropractor, or which way to turn?

This guide is designed to help you un-muddy the waters and find clarity on the way forward to solving your issues with poor health, pain or repetitive injuries in your body.

The first thing to know is that **NOT ALL CHIROPRACTORS ARE THE SAME.**

This is both a blessing and curse. In the face of this knowledge, the most important thing is, to begin with the end in mind by answering this simple question: what do I want?

It may be just pain relief as quickly as possible.

It may be to get rid of the pain and rehabilitate your body so that it doesn't come back in the future.

It may be enhanced performance in sports and injury prevention.

You may be searching to become the best, healthiest version of you.

High-quality chiropractic care can deliver on each of these promises and help you with each of these goals. First, let us look at how to avoid the most common pitfalls when choosing a chiropractor, since unfortunately, there are some unscrupulous practitioners out there.

FIVE RIP-OFFS YOU NEED TO KNOW ABOUT BEFORE CHOOSING A CHIROPRACTOR

RIP-OFF #1: BARGAIN DEALS AND DISCOUNTS

To some degree, most of us are attracted by low prices. After all, who wouldn't want to save some money? Be aware that some chiropractors use price as bait for false or misleading advertising.

Do you get giddy with excitement when you come across an outlandish bargain or discount? Before you consider compromising your health and going with a discount chiropractic deal, take another look at the fine details. What you'll find could give you a shock with hidden fees and long-term care requirements that rack up your bottom line cost with fees that aren't disclosed upfront.

Know that if you take up a special offer, it will likely only be for an initial consultation and for you to get the result that you desire there will be further treatment costs entailed.
You might find that you are paying more for the so-called discount deal than you would have for the full service from a reputable Chiropractor that doesn't hide behind the small print and provides full disclosure on all fees.

If the "bargain" you're being sold sounds too good to be true, it probably is.

The sad truth is, some Chiropractors use very low prices as the bait for their false and misleading advertising to take advantage of your weakness. Don't fall prey to these techniques; follow these four simple steps to protect yourself:

Asking about hidden fees and extras that have additional costs.
Being wary if there are any contracts or agreements to sign before commencing care.

Verifying everything that is included in the total price.

Remembering that your rights as a consumer are not reduced just because you pay less for something.

Recognising the difference between a consultation/screening and the treatment process that is required afterwards. (A consultation should be a detailed history taking and examination process, followed by a full report of findings, allowing you to make an informed decision about your care, before commencing it. A screening is usually a shorter appointment where a chiropractor can ask you questions and find out if your case warrants further examination and if you would likely be a suitable chiropractic case that warrants a full consultation)
Individualised chiropractic care is not always as cheap as some unethical Chiropractors would have you believe. Do your homework and don't compromise when it comes to your health and wellness.

RIP-OFF #2: NOT PROVIDING A THOROUGH CONSULTATION/EXAMINATION AND REPORT BEFORE STARTING CARE

Thoroughness is important in health care. We understand that most patients would like to be treated/adjusted straight away, but know that this is not usually in your best interests. A thorough consultation is imperative because this is where the hidden 'gems' are discovered regarding unravelling your health complaint.
Rushing into treatment too quickly without a thorough examination can mean that important details can be missed and that any relief that you receive from care may be short lived.

A thorough consultation/examination should include objective and functional testing. This means that your unique body should be tested for more than only stiff and painful joints. The most comprehensive approaches often involved functional muscle testing, various chiropractic and orthopaedic examinations, digital posture analysis, x-rays, various nerve scanning tests amongst many other possibilities.

This is important because it aids in reaching an accurate diagnosis (the more information, the better) and also allows for future objective testing to be done to assess your progress. If no testing is done, then it is tough for you to gauge your progress with your care other than just remembering how you used to feel. Real health encompasses much more than simply being pain-free. A good chiropractor will understand this and endeavour to assess you beyond this.

Ask the chiropractor if they will be giving you a thorough written report before commencing care. This reporting process is important because you need all of the information as well as an opportunity to ask questions before you make any decisions about starting care.

You can often tell how sincere a chiropractor is about helping you to reach your health goals by the thoroughness of their initial assessment and report.

RIP-OFF #3: UNSUPPORTED CLAIMS AKA, GUARANTEEING INCREDIBLE RESULTS

Remember this: nothing in healthcare can be fully guaranteed. There are too many variables involved in the healing process with many interweaving forces to contend with. Your current level of lifestyle stress, the extent of the injury/damage, your underlying level of health, the particular technique used and the skill of the chiropractor to name just a few.

This is why it is important that you receive a full report explaining your examination findings and outlining realistic expectations for you before commencing care. Chiropractic care can produce outstanding results, even miracles in some cases, yet be wary if a chiropractor makes claims that seem 'too good to be true' and wants to commence care with you straight away without everything is explained to you in advance.

RIP-OFF #4: SCARING YOU INTO CARE WITH ALARMING FUTURE PREDICTIONS

One method unscrupulous chiropractors use to frighten you into care by exaggerating the negative consequences of not starting care. While it may be true that you could get worse in the future if you do nothing to address your problem, there is no need to dwell heavily on that or make incorrect and scary assumptions.

If any chiropractor tells you that you will end up in a wheelchair, or disabled if you don't correct the problem, then be very wary of their intentions.

It is much more proactive and beneficial to focus on the benefits that can accrue over time as you address your health on all levels. Having a negative/fear based goal is usually destructive and unhealthy over time.

RIP-OFF #5: DELIVERING LESS THAN PROMISED

All Chiropractors do not practice the same techniques, and every method will not work for every patient.

When a Chiropractor provides individualised care, they recognise that not every person will experience the same results using the same techniques that have worked for others.

Rather than continue down a path that is not successful for their patients and continuing to charge for a service that is not providing relief, a reputable chiropractor will try new adjustment techniques or recommend onward referrals rather than staying on a course that isn't working.

It is also important that your chiropractor offers regular re-examination appointments to assess your progress and course correct if necessary. Your experience and feedback should play a major role in this process.

A good question to ask a potential chiropractor, is "what is your procedure if I fail to respond to your care the way that you expect me to?"

RIP-OFF #6 HIDING BEHIND TECHNOLOGY

Some chiropractors like to use technology to lure you into thinking that they are advanced and above average. Some even have computerised spinal percussion or decompression equipment that they claim will work miracles. Again, they may help some people, but they will not help everyone. It is important to know that it is not the technology that matters, it is the knowledge and skills of the chiropractor who utilises it.

In the right hands, for the right person, technology can be very helpful. Be cautious if you are told that this technology is 'better' than ordinary hands on chiropractic because that is not true.

Technology can also be useful for diagnostic purposes. X-rays, posture analysis, balance platforms, foot scanners and various nerve scanners are useful for gathering information about your condition. Each on their own is next to useless, however. It is only when this sort of technology is used in series along with a thorough consultation and examination you can build an in-depth understanding of your body.

Be wary of placing too much emphasis on any one, particular piece of technology and remember that the effectiveness of the approach will mainly come down to the level of training and skill of the chiropractor.

6 COMMON AND COSTLY MISCONCEPTIONS ABOUT CHIROPRACTIC CARE

MISCONCEPTION #1: Surgery is the Only Way to Treat Chronic Back Pain

The truth is that surgery is not the only and not necessarily the best approach to treating chronic back pain.

In fact, for many patients who undergo surgery, the impact on their pain or mobility is insignificant and sometimes non-existent. As a result, patients are often left with a future of back pain that impedes their daily routines and happiness even after undergoing painful and expensive surgical procedures.

On the other hand, for those that qualify, chiropractic care is an effective, non-invasive treatment that has been proven to resolve or alleviate chronic back pain with a high satisfaction rate from patients.

Numerous clinical studies have demonstrated that chiropractic care is as effective, if not more effective, than conventional medical treatment for chronic back and neck pain.

Note: There are serious cases of back pain where surgery is required, yet thankfully these are relatively rare. This is why it is important to receive a thorough consultation and examination before commencing care with a chiropractor.

More complex, severe and chronic cases of back pain may also have nutritional and emotional factors involved alongside problems with the spine itself. Address the triad of health is usually necessary and important.

MISCONCEPTION #2: All Chiropractors Are Basically the Same

An apple's an apple, right? WRONG!

Have you tasted a granny smith, fuji, gala, golden delicious...Okay, you catch my drift here. Even when you're comparing apples to apples, you're bound to find some differences.

It's the same when you're comparing Chiropractors. They may look similar from an outsider's perspective, but the fact is every Chiropractor you meet will have different speciality and skill levels and different techniques that they practice.

If you have already visited a Chiropractor and are still experiencing pain, don't write off the value of chiropractic care entirely. Do your homework to find a reputable, licensed Doctor of Chiropractic who will discuss the techniques they subscribe to and offer a complete explanation of how each technique can benefit your personal health concerns.

At SpineCentral our chiropractors use a range of techniques that can be tailored to meet your specific needs, thus ensuring that we can help a wide variety of people.

There is a type and level of chiropractic for every person/spine. Some techniques are suitable for fast pain relief, whereas others are vastly more superior for restoring posture and correcting old injuries.

An excellent chiropractor will have different techniques that they offer to different patients at the various stages of their care.

For example - At SpineCentral we used Advanced Bio-Structural Correction for patients who are seeking long term postural correction and rehabilitation of their structure.

We also use Applied Kinesiology in the early stages of care to find and correct the cause(s) of your pain/injury. These causes can be many and varied within what chiropractors call the triad of health (structure, nutrition, emotions). It is paramount that the real underlying cause(s) is discovered within these three areas since they each affect each other.

For example, it is possible to have lower back pain that is caused by structural problems such as pelvis/vertebral misalignment, muscular strain, ligament sprain, or nutritional problems such as; inflammation, digestive disturbances or hormonal imbalances, or emotional problems such as excessive stress, bereavement or trauma.

MISCONCEPTION #3: Chiropractic Care is Expensive

There's this myth out there that chiropractic care is expensive.

While some people do have their horror stories of being subjected to very costly and ineffective treatment programs, the fact is that when you visit a reputable Chiropractor, the care is widely more affordable than the alternatives to treating chronic back pain, which include back surgery which can run into tens of thousands of pounds.

The fact is that chiropractic care often results in you being able to reduce your overall health care costs and provides actionable advice and strategies that enable you to stay well long term.

MISCONCEPTION #4: Choosing Your Chiropractor Simply Because They Advertised the Cheapest Price

Cheaper doesn't equal better.
In fact what it may equal is one big headache and a lot more cash spent in the long run because...

1. A low price can be the bait that attracts your phone call only to be pressured into a much more expensive procedure. You should be thoroughly examined before anyone offers you additional programs and procedures of care that may not be what you need.

2. Low price often equals the bare minimum service, and this can ultimately end up costing you more, due to a missed diagnosis or ineffective assessment of your condition.

The best chiropractors have often invested tens to hundreds of thousands of pounds in continued education. These extra skills and knowledge command a higher fee because they can deliver superior results in shorter times.

3. Cheap price means you may not get the quality health care service you need to meet your needs.

You can protect yourself by:
- Insisting on a complete written report of your condition and the findings of the examination before any work is performed so you can protect yourself.

- Verifying everything that the total price includes. - Checking for hidden fees or "extras" that are not covered in the initial advertised price (thankfully, this sort if 'hidden fee' trick is rare in the UK)

- Remember that ultimately the decision on what to do with your health is ultimately yours. If you feel pressured into starting care, then perhaps proceed with caution.
Bottom line: No Chiropractor can stay in business at super low prices without strong-arming you for additional sales, so beware of the Chiropractor that is advertising a price that seems too good to be true...

...it usually is.

MISCONCEPTION #5: Spinal Adjustments Hurt

This is a common concern of new patients walking in the door... after experiencing their first adjustment it becomes an entirely different story, and they look forward to future visits.

The truth is that being adjusted is not a painful procedure and many patients, including children, pregnant women and senior citizens, feel instant relief immediately afterwards.

Occasionally, an adjustment or soft tissue procedure could be associated with mild discomfort; this is usually very short lived and subsides within a few seconds.

Now, adjustments that are not performed correctly could cause discomfort and even increase pain, so do your homework and be sure that your Chiropractor is licensed Doctor of Chiropractic and adheres to individualised care practices. You can very quickly check to see if a chiropractor is fully registered by searching the database of the General Chiropractic Council, governing body. https://www.gcc-uk.org/

Also, be aware, that as your body goes through changes, you may experience a 'bad day', when your muscles are sore, or achy. This can happen after your first one or two adjustments, or even later on in care if you go through a significant shift in your posture. It does not necessarily mean that any damage has occurred or that anything has gone wrong. It usually just means that your body is now moving in improved ways that it is not used to (a bit like going to the gym for the first time in a long time!). As long as the discomfort eases within a day or two, this is perfectly normal. Always gives your chiropractor feedback on the changes that are happening with your body. This helps them to better help you.

MISCONCEPTION #6: Chiropractors Lock You into Long-Term Care

While maintenance care is recommended to keep your spine in tip-top shape, by no means does this mean a daily, weekly or even monthly trip to the Chiropractor's office is required.

The type of care that you undergo should be your choice, and everything should be explained before starting care and regularly reassessed as your case progresses. Typically there are three types of care in most chiropractic clinics.

Pain Relief care

This is where the initial focus is to reduce or eradicate your suffering. The length of time that this takes depends on the individual. As a general rule, the longer that you have had the pain, the more severe the symptoms, or the more advanced in age that you are, the longer it can take to get out of pain. Typically you will be looking at days to weeks, rather than several months, in most cases to get the relief that you are looking for.

Corrective Care

Some chiropractic centres offer corrective care plans, designed to help you rebuild your posture and strengthen your spine longer term. This sort of care often takes several months and requires working past the point that you become pain-free. If your chiropractor is recommending corrective care, ensure that all costs and expectations are clearly communicated and that an emphasis is also placed upon your lifestyle. The way that you approach your eating, moving and thinking habits at home have a big impact on the type of results that you can expect to see. Again, ensure that this is communicated to you and that your 'homework' is clear from the start. Any corrective care program should include regular reassessments to ensure that you are on track. Ideally, this would include objective functional measurements to measure your progress, such as functional strength testing, posture analysis, digital nerve scanning, medical and lifestyle questionnaires, amongst a multitude of other options. If you are not offered regular reassessment, then steer clear of corrective care with that chiropractor.

Maintenance Care

If your pain is alleviated following a course of care, or when you have reached your desired level of structural correction, a periodic maintenance care appointment may be offered to help you stay pain-free. These should always be optional, and you should never feel pressured into continuing with your care. Only elect maintenance care if you have been really happy with your results and experience with your chiropractor.

The Bottom line is that each patient's care should be individualised. A reputable Chiropractor will not force high-pressure up-sells for lengthy contracts on every patient they see, but they will offer recommended follow-up visits based on each patient's particular health and wellness situation.

Remember, preventive care is far less expensive than dealing with the health issues that arise from not taking care of yourself.

On a final note, a good chiropractor will explain your treatment needs to be based upon the benefits that you will experience, and not by scaring you into 'what might happen' if you don't begin or continue with care. A large part of regaining your health comes from a positive mental attitude, and this needs to be aided by a positive chiropractor and not hindered by a 'scaremongering' you into care.

13 SIGNS THAT CAN ALERT YOU THAT IT'S TIME TO SEE A CHIROPRACTOR NOW

1. Chronic pain in your joints, muscles or head hasn't improved with traditional medical treatments.
2. Pain or tension from a job that requires you to sit for extended periods of time or to perform repetitive physical tasks.
3. An injury to a muscle, joint or spine that hasn't healed with initial medical treatment, medications or physical therapy.
4. Sharp pain that shoots from your hip down to your leg.
5. Pain, achiness, a burning sensation or stiffness that comes and goes in parts of your body, with no explainable cause.
6. You want to address your joint or muscle pain without the use of drugs or surgery.
7. The soles of your shoes wear differently. For instance, the left outer heel of your shoes wears down more quickly than the right.
8. The hem of your skirts or trousers hangs unevenly, suggesting your hips or shoulders are out of balance.
9. Your head is positioned forward rather than directly over your shoulders.
10. One of your shoulders is lower than the other.
11. Any pain or injury that keeps coming back.
12. You notice that your posture is stooped and people comment on how poor it is.
13. You can't get comfortable at night due to back or neck aches, and your sleep is restless as a result.

COMMONLY TREATED CONDITIONS AND THEIR SYMPTOMS

THERE IS EXCELLENT SCIENCE TO SHOW THAT CHIROPRACTIC CARE IS A SAFE, EFFECTIVE TREATMENT FOR A WIDE VARIETY OF CONDITIONS RELATED TO THE NEUROMUSKULOSKELETAL SYSTEM

Due to the relatively small size, young age and amount of money available in the profession to spend upon research, the following conditions only are supported by the highest quality research showing chiropractic care to be a safe and effective treatment:

- **Joint pains including hip and knee pain from osteoarthritis**
- **General aches and pains of joints, muscle spasms and cramp**
- **General, acute and chronic backache, back pain and lumbago**
- **Mechanical neck pain**
- **Headache arising from the neck (known as cervicogenic HA)**
- **Frozen shoulder, shoulder or elbow pain, or tennis elbow arising from associated musculoskeletal conditions of the back and neck**
- **Prevention of migraine**
- **Tension and inability to relax**

Slightly lower quality research also exists to show chiropractic care may be helpful in the following conditions:

- **Sciatica**
- **Rheumatoid pain, rheumatism and neuralgia**
- **Whiplash**
- **Fibromyalgia**

Peripheral joint/ muscle/ nerve complaints e.g. repetitive strain injury

If you have any questions about your particular condition, then you should be able to speak to your chiropractor in advance of a consultation to determine if they feel that they can help you.

The science is useful, but remember that absence of evidence is not evidence of absence.

6 MISTAKES TO AVOID WHEN CHOOSING A CHIROPRACTOR

MISTAKE #1: Choosing a Chiropractor Based On Price or Appointment Availability Alone

Remember... you get what you pay for.

Having low prices and immediate appointment availability IS NOT the first thing you should look for in a Chiropractor.

Your first step should always be verifying that the Chiropractor is properly trained, is licensed as a Doctor of Chiropractic and capable of treating your symptoms.
Here are some good questions to ask:

- Are they registered with the General Chiropractic Council? (you can check that on www.gcc-uk.org

- How much experience do they have treating similar symptoms?

- What additional training have they had for unique techniques they may refer to during your consultation?

- Do they use low force techniques or manual adjusting techniques or any instruments during any recommended treatment programs?

- Do they have a thorough examination/consultation process?

- Do they dig deeply into your past health history and ask about your current lifestyle stresses.

- Do they give you a thorough, detailed report following up from your consultation before any treatment begins so that you can make an informed decision?

- Do they disclose any potential risks associated with their chosen technique and do they create an opportunity for an open and truthful discussion? This is called informed consent, and it is important.

Ask questions and do your homework and you will find a match that's right for you and your health care needs.

MISTAKE #2: Choosing a Chiropractor Based on an Uber-Low Price They Advertise

Here are **THREE REASONS** why this can be disastrous:

1. A low price can be the bait that attracts your initial appointment only to be pressured into a mandatory long-term contract.

2. Low price often equals the bare minimum consultation exam. Ethical Chiropractors cannot recommend further treatments or procedures without a full comprehensive exam, which in some cases may include X-Rays. These x-rays often come with an extra fee, so make sure that you ask about that in advance.

3. Low price means that the quality and service may be inadequate to reach and obtain the level of pain relief and health improvement that you desire.

Go only to a Chiropractor who is open and honest about their pricing up front and who will customise and personalise your health care plan only after having completed thorough consultation, examination and report of findings with you.

This detailed approach (which your spine deserves) will often mean that your initial treatment will be delayed while your examination results are studied, x-rays are analysed, and a report is compiled. Be very wary of a chiropractor who does a quick 2-3 minute consultation process and offers to adjust you immediately afterwards. This is not thorough and important details about your health could be missed or ignored.

MISTAKE #3: Choosing a Chiropractor Based on a Single Telephone Call

Emotions and chronic pain can play a big part in making bad decisions; so remember this should be an important health decision and not an emotional encounter. Crooked Chiropractors may seek out desperate patients because they make easy marks that will accept any deal offered, no matter how bad.

You can avoid falling victim to high-pressure or emotional / fear induced treatment recommendations by taking the following precautions:

1. Practice due diligence by checking for hidden fees and extras that can potentially rack up your final bill.
2. Be sure that you are getting everything you need for the promised fee.
3. Ask to speak with former patients to get their perspective on their treatment experience and your Chiropractor's approach and results. Ask your friends and family for referrals for whom to use and NOT to use. At the very least you should be able to see written or video testimonials or case studies on the chiropractor's website.
4. Don't let your emotions overshadow your consumer rights by accepting less than you want or need.
5. Call around and investigate which Chiropractor can truly meet your needs and is a match for you.

MISTAKE #4: Buying Into the BEST Technique Myth

Consider it a warning sign if any Chiropractor claims to be the only one with a “special new chiropractic technique” that is the latest and best method for spinal adjustments.

How do you know that this “best” technique isn’t simply a strategy to get you to open your wallet wider?

To be quite candid most techniques are not superior, but rather ideal for specific patient needs, symptoms and situations.

For example, the technique of Advanced BioStructural Correction is perfect for those patients with stiff, forward stooped postures, because it addresses the underlying mechanism for why spines become slumped. It is best suited to patients who want longer term results in improved posture and body function and is less ideal for those who only want fast relief from back pain. It is also not suited to those who are searching for very low force techniques since it involves spinal stretching and adjusting.

Communicate openly with the Chiropractor what you are considering and tell them about your symptoms and concerns. Ask them questions about their training and if they have experience using the recommended technique on patients with similar symptoms. An ethical and reputable, Doctor of Chiropractic should have the ability to present balanced information about the benefits of the technique they are recommending so that you can make an informed decision together.

KEY POINT: The “best” method is the one that can best treat your individualised health needs and symptoms! In other words, does it achieve the results that you are looking for?

MISTAKE #5: Paying for Long-Term Treatment That's NOT Relieving Your Symptoms

Reputable Chiropractors do everything in their power to help their patients feel better as soon as possible.

Depending on your particular back problem and symptoms, multiple visits to the chiropractor should start to bring you noticeable pain relief and noticeable changes in your function (posture, breathing, strength and even mental/emotional improvements). You should feel some changes within one to four weeks of chiropractic treatment, you should feel significant relief, and the frequency of visits should be re-evaluated.

Depending on the severity of your health issue, if you are presented with a recommendation for long-term treatment over a six-month period, consider this a warning sign.

Every patient/condition is different. The longer that you have had the pain and the more serious the pain, the longer it may take for you to notice relief.

If you are not noticing any changes after six visits or 6 weeks of care, then speak to your chiropractor for consideration of further testing and/or an onwards referral. Not all pain conditions have their route in the spine.

A crooked Chiropractor may be more interested in your wallet, than treating your back pain! Talk with your Chiropractor and ask for a detailed explanation and set of realistic health milestones/expectations during the recommended period of treatment.

If a chiropractic care plan is recommended to you following an initial consultation, you should have everything presented to you and discussed in advance within a written report. Do not commit to any lengthy care plans unless you are very clear what to expect, and why that type of care is necessary for you at this time. Again, you should never feel pressured into care, or feel like you have been painted into a corner where the only viable option is an expensive long-term care plan.
Your best defence is doing your homework to find a well-rounded, properly trained and licensed chiropractic team that has your best interests in mind at all times.

One key area of misunderstanding for chiropractic patients is the difference between relief care, corrective care and maintenance/wellness care.

Relief care is the first phase of care in most chiropractic offices where the focus is placed upon helping you to get out of pain and solve the issue that you presented with.

Corrective care works beyond this point to help restore ideal spinal alignment and strength. This would be analogous to having braces on your teeth. Braces are not a treatment for pain; they are a corrective procedure to help solve an alignment problem long-term. Corrective care of the spine can take months to years (in some cases), and should only be a true consideration for you if you are very happy and comfortable with your chiropractor and if you can see and feel very positive changes occurring in your body through the relief care process.

Maintenance/Wellness care aims to ensure that you keep the positive benefits gained from your care program. There is no such thing as a true 'permanent fix' for spinal health because the stresses that get placed upon modern human bodies are significant. This means that to stay well, it is important to periodically receive 'check up' appointments to find and correct new problems early before they develop into bigger problems. It is also about helping you to stay fully functional, active and healthy alongside being pain-free. Most chiropractors will recommend maintenance care visits at once per month to once every 3 - 6 months, again, this is case dependent and should be a choice that you make as the patient, not one that you feel pressured into making.
Be cautious with chiropractors who recommend coming in 2-3 times per week for life to stay healthy, because this may be too much care and may mean that the real underlying issues have not been addressed in your case.

If you are looking for a chiropractor for health gains and not just pain relief, then it is recommended that you find one that teaches lifestyle wellness, including nutritional, exercise and stress reduction advice because these are equally important pieces of the health puzzle.
With all forms of care, it is an absolute requirement that you receive regular reassessments so that your current condition can be re-evaluated and recommendations are made from objective proof, rather than from blindly following a protocol of care. This is also a legal requirement for all chiropractors, so make sure that you ask them is they do regular reassessments and if they will report your progress back to you.

WHY YOU MIGHT CONSIDER SEEING A CHIROPRACTOR FIRST FOR SPINAL HEALTH

A common question that we are asked is “Is a chiropractor’s education as good as that of a medical doctor?” Fortunately, the answer is YES although obviously there are distinct differences with medical doctors focusing on pharmacology and chiropractic doctors focusing on spinal structure and neurology.

In a study published in the scientific journal Alternative Therapies in 1998 researchers concluded that “Considerable commonality exists between chiropractic and medical programs. Regarding the basic sciences, these programs are more similar than dissimilar...”

The study found that chiropractic doctors receive 570 hours of education in anatomy as opposed to 368 for medical students, 150 hours in biochemistry as opposed to 120 for medical students, 305 hours for physiology as opposed to 142 for medical students and 205 hours in pathology versus 162, again in favour of chiropractic education.

So, if you are looking for an alternative to drug therapy you are in very well educated, competent hands with a qualified chiropractor.

Please note: THIS DOES NOT MEAN TO FOREGO ANY TREATMENT YOU NEED THAT REQUIRES THE ATTENTION OF A MEDICAL DOCTOR OR TO STOP TAKING ANY PRESCRIBED MEDICATION YOU ARE CURRENTLY TAKING.

HOW TO CHOOSE A CHIROPRACTOR

Chiropractors can provide an alternative, or more natural, less invasive way to treat back and neck pain or other physical ailments. To ensure you are getting the best quality health and wellness guidance you will want to be sure you choose an experienced Chiropractor. Use these recommendations to choose a professional Chiropractor in your area:

- Get a recommendation from your GP or family or friends

- Find a licensed Chiropractor on the General Chiropractic Council Website.

- Look for online reviews, case studies and testimonials to get inside information on how that chiropractor works.

- Make sure they are GCC certified and experienced in the field for which you need treatment. It is advisable to make sure that they are a member of a Chiropractic Association, which will mean that they are fully insured. A chiropractor can, however, be fully insured and qualified without being a member of one of the four chiropractic associations in the UK.

- Ensure they are willing to work with your other care providers as part of your team if necessary.

- Each treatment plan needs to be individualised.

- Make an assessment of how well they are listening to you and your personal health needs. You want to feel comfortable communicating your health concerns with your Chiropractor.

- Find a chiropractor who pays a lot of attention to lifestyle advice and education, since unless you learn how to prevent problems in the future, your results may not be long-standing.

7 SIMPLE STEPS TO AVOID BACK PAIN

A common ailment people report having is back pain. Pain is not normal and is not something you should have to "live with". Contrary to some thinking, a life without pain is possible. Here are some steps you can take to avoid back pain before it happens. Should you find yourself experiencing back pain, consider seeking out a Chiropractor for relief.

STEP #1: Maintain good posture when sitting or standing.

STEP #2: Watch your weight and mid-section; excess weight places additional strain on your back.

STEP #3: Warm up before doing physical work or exercise.

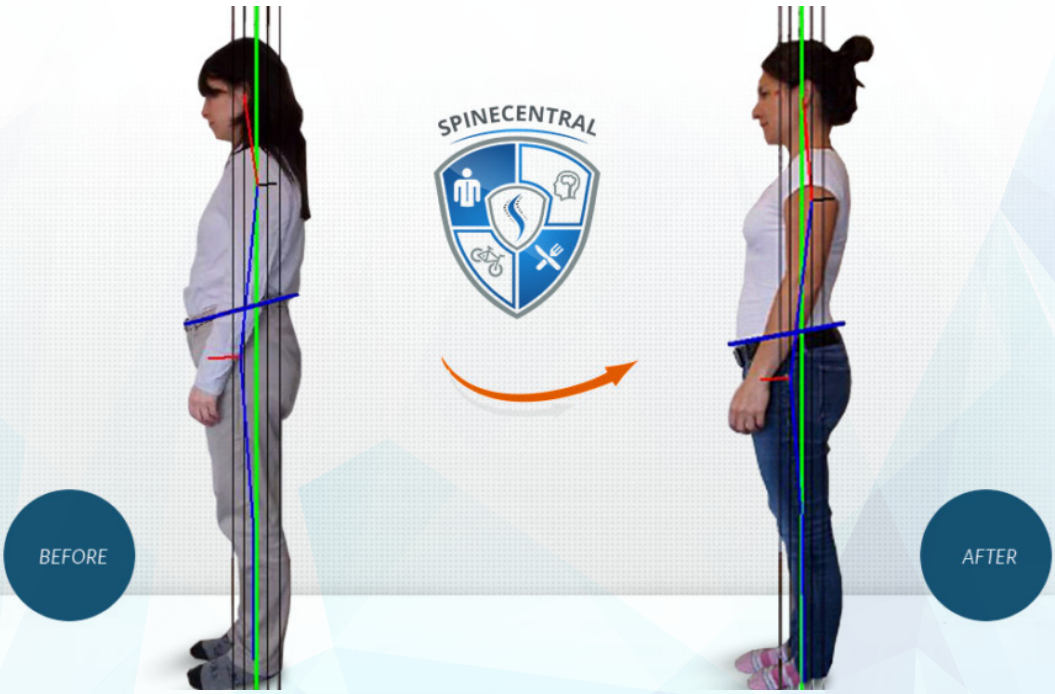
STEP #4: Stay active and follow a regular pattern of exercise to keep your muscles and joints flexible.

STEP #5: When lifting, bend at your knees, hold the object close to your body and lift with your legs.

STEP #6: Avoid sleeping on your stomach, this can strain your neck and back.

STEP #7: If you spend extended periods of time in a chair or working in front of a computer talk with your Chiropractor about the best ergonomic options.

VISIBLE RESULTS, NOTICEABLE IMPROVEMENTS



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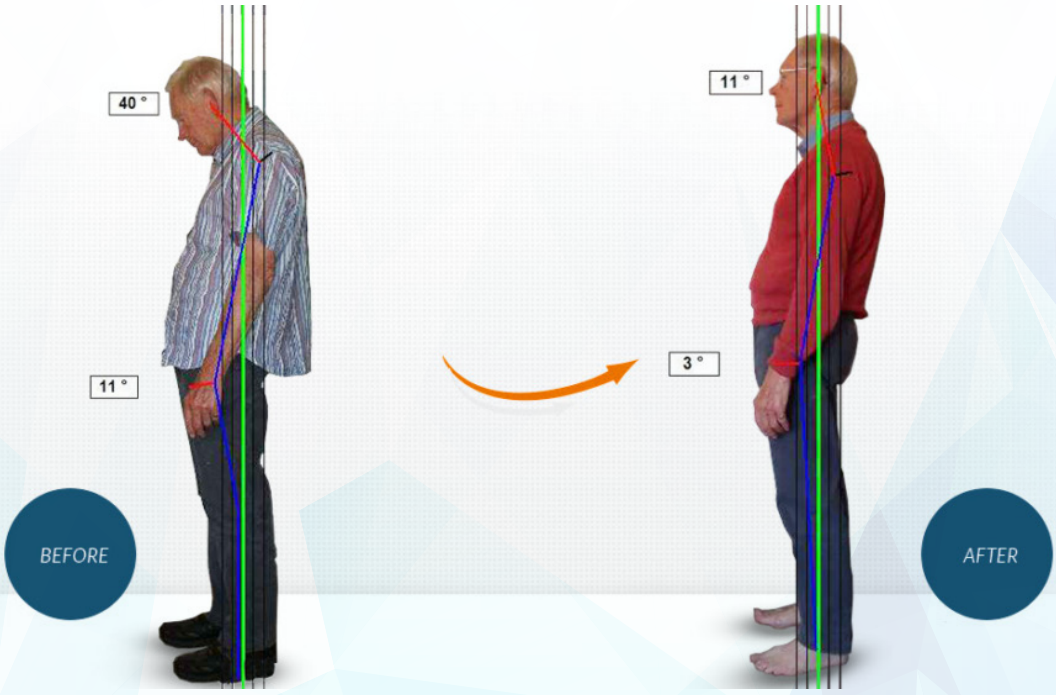

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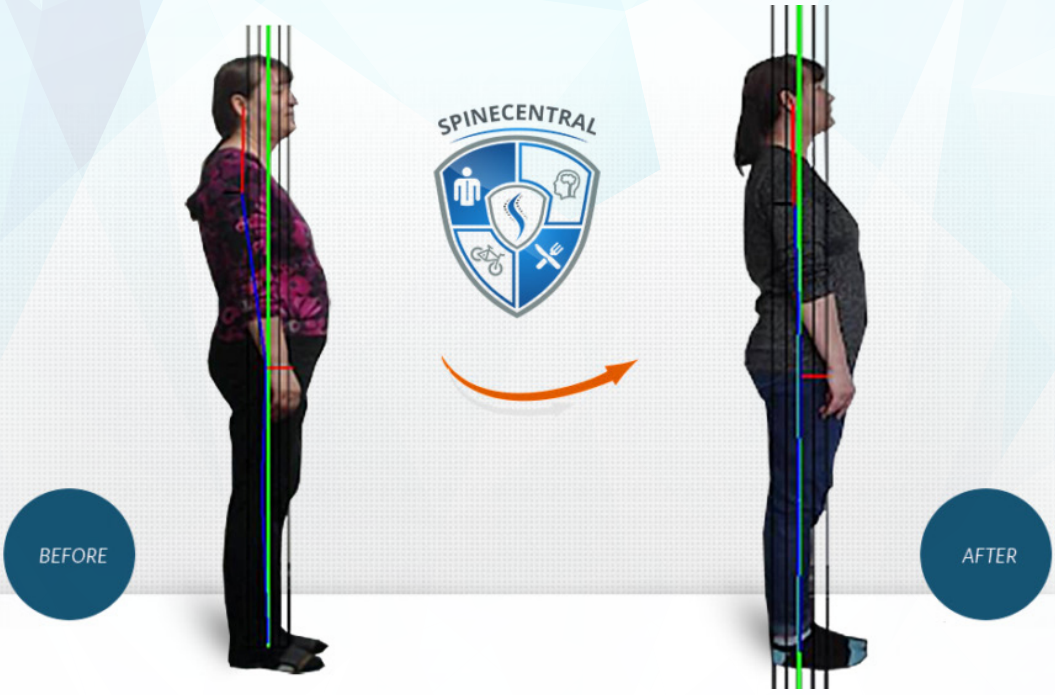

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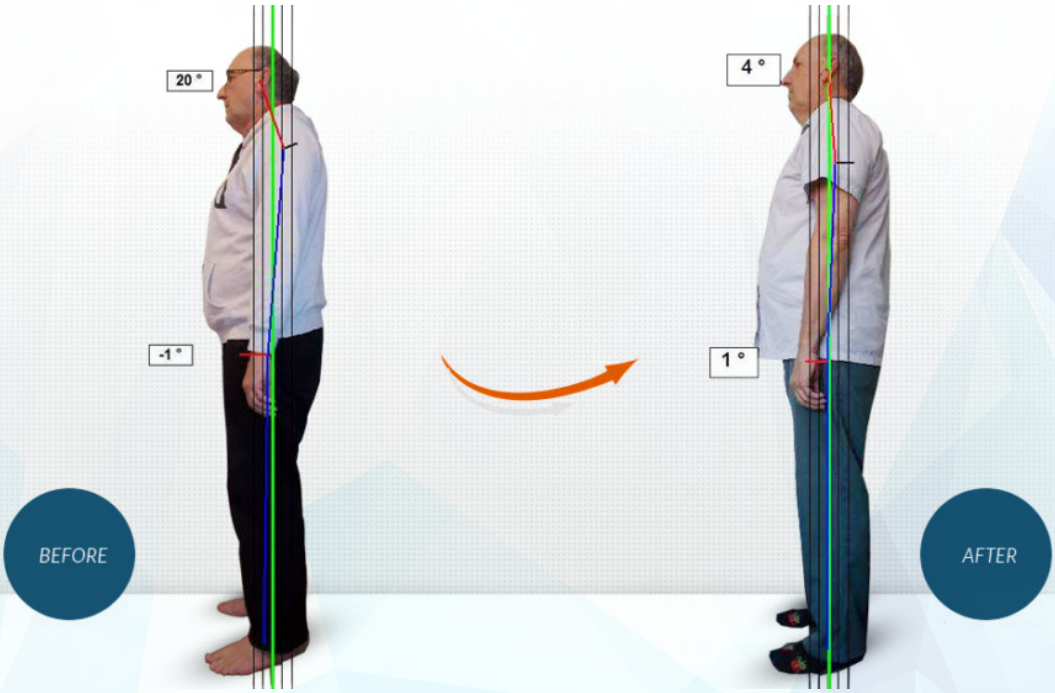

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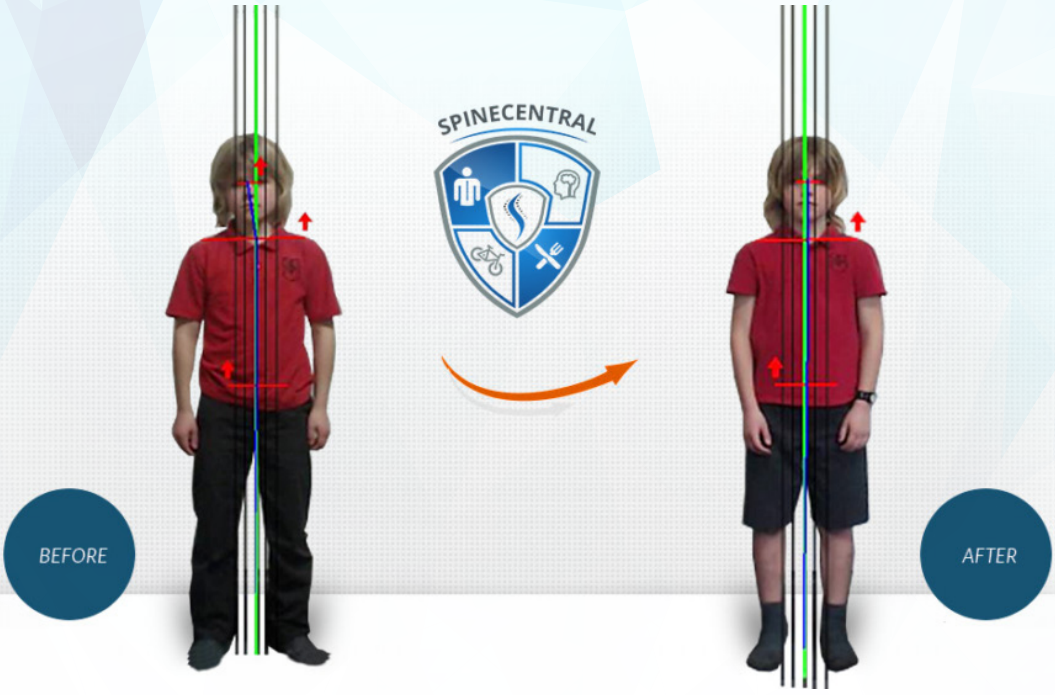
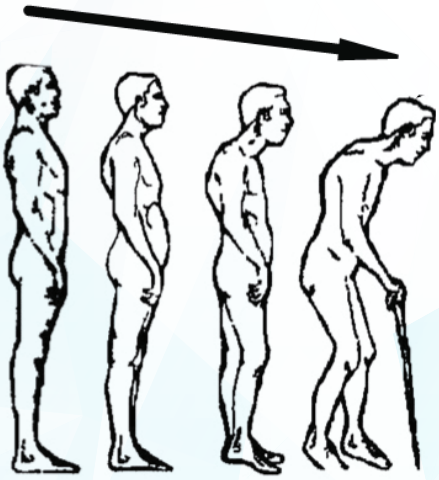


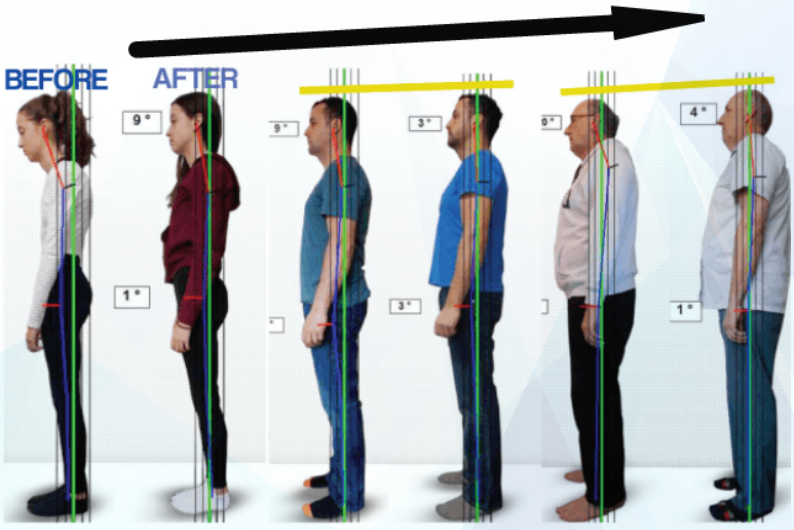
VISIBLE RESULTS, NOTICEABLE IMPROVEMENTS

VISIBLE RESULTS, NOTICEABLE IMPROVEMENTS

life does this to people



structural correction does this!



REVIEWS

Judith St Hilaire reviewed Spine Central — 5★
December 20, 2015 ·

In the short time I've been attending Spine Central, my posture has improved significantly. I can now stand, sit and mobilize much better. I'm in less pain with fewer flareups. All the team members are extremely knowledgeable, dedicated and supportive.

Les Stratton reviewed Spine Central — 5★
December 16, 2015 ·

Thanks Richard, Fred, Debbie and all the team for helping me to have better health - you have so much knowledge and ability.

Clare Parker reviewed Spine Central — 5★
December 16, 2015 ·

I can't recommend this place enough it's amazing!!! The staff are all lovely. Richard Gliddon is the best/most dedicated chiropractor I've ever had the pleasure of meeting. You can follow his wonderful Blogg of helpful tips and advice on how to be a healthier you! Please don't wait like I did if you're in pain call them today

Elly Gibbins reviewed Spine Central — 5★
November 15, 2014 ·

Awesome Chiropractic! Very trustworthy and inspirational team 🙂

REVIEWS

Brian Parsons reviewed Spine Central — 5★
August 11 ·

Knowledge is Power . Harness that power at Spine Central ,Richard Gliddons approach to chiropractic health ,nutritional health and all round well being is second to none . Backed up by a professional , dedicated and friendly team I'm well on my way to true health

Afzal Qureshi reviewed Spine Central — 5★
August 10 ·

This place is brilliant. The team is great, very easy to get along with and helpful. I have been going here almost 2 years and have never looked back. My back and leg pains are non existant, stopped slouching, my health is much better, my diet well let's say they keep giving me great nutritional advice and my stomach thinks otherwise! Can't recommend enough and tell people just try it and see for yourself.

Paul Padain reviewed Spine Central — 5★
August 10 ·

Fantastic treatment from a team who really know how to look after all aspects of your health
My back is sooo much better after seeing these guys for a period of time
Thanks Spine Central !

REVIEWS

Mark Hunter
12 months ago

★★★★★ I have tried Chiropractic Therapy a couple of times over many years, each time as a last resort following treatment from other disciplines. Every time I have been impressed that an underlying problem has been diagnosed and treated. ... More

Helpful?

StressyJessy
a year ago

★★★★★ Coming here is a real treat! Not only has my health become exceptionally better... I look forward to seeing the lovely team every week.

Helpful?

Yvonne Clarke
12 months ago

★★★★★ I have suffered with sciatica and lower back pain for 10 years due to an accident. I was recommended to go to a chiropractor by a friend and have never looked back. My symptoms have greatly improved since attending Richards clinic for the ... More

Helpful?

Matthew Roach
a year ago

★★★★★ Amazing really helped improve my posture and overall movement and pain reduction. All the members of are are brilliant and friendly. Would highl recommend!

Helpful?

Simon Fletcher
a year ago

★★★★★ Spine central have helped my back a lot over the past 3 months. Thank you to Richard and his excellent team

Helpful?

Francesca Hayden
a year ago

★★★★★ The staff are so friendly and really take care of you right from your first consultation. It is unlike other chiropractors who normally just deal with symptoms, Spine Central address the causes of